



## Deep Breathing

# Mindfulness Techniques



## Meditate

FOR WHEN YOU NEED A MOMENT



## Physical Activity



## 5,4,3,2,1 Grounding



## Progressive Muscle Relaxation

## Deep Breathing



- Inhale slowly and deeply through your nose. Keep your shoulders relaxed. Your abdomen should expand, and your chest should rise very little.
- Exhale slowly through your mouth. As you blow air out, purse your lips slightly, but keep your jaw relaxed. You may hear a soft “whooshing” sound as you exhale.
- Repeat this breathing exercise. Do it for several minutes until you start to feel better

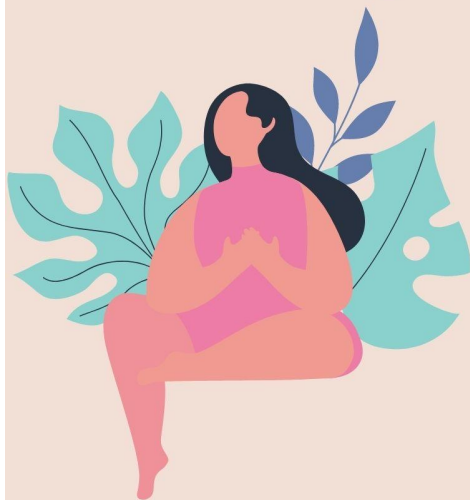
## Physical Activity



It is as simple as it sounds. Physical activities are a great way to bring the mind back to the present moment

- Stretching
- Dancing
- Going for a walk
- Simple exercise (jumping on the spot)

## 5,4,3,2,1 Grounding



- **Notice five things that you can see.**

pick something that you don't normally notice

- **Notice four things that you can feel.**

like the texture of your pants, the feeling of the breeze on your skin,

- **Notice three things you can hear.**

This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic

- **Notice two things you can smell.**

Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast-food restaurant across the street.

- **Notice one thing you can taste.**

You can take a sip of a drink, chew a piece of gum, eat something, notice the current taste in your mouth, or even open your mouth to search the air for a taste.

## Meditate



Mindfulness meditation involves focusing on your breathing and bringing your attention to the present without allowing your mind to drift off to the past or future.

- Choose a calming focus, including a sound ("om"), positive word ("peace"), or phrase ("breathe in calm, breath out tension") to repeat silently as you inhale or exhale.
- Let go and relax. When you notice your mind has drifted, take a deep breath and gently return your attention to the present.

## Progressive Muscle Relaxation



In a comfortable position bring your attention to a single body part

- Starting from the top or the bottom tense/flex an individual body part for ten seconds
- Slowly release the tension and take note of the feeling in that body part
- Stay in that state of awareness for 10 seconds before moving to the next body part
- Cycle through the whole body and then gently bring your awareness back to the task at hand