



Benefits



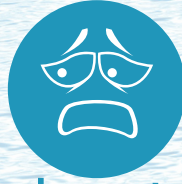
slows
heart beat



promotes
feeling calm



helps you
think clearly



reduces stress
and anxiety



improves
attention



improves
sleep

Start by focusing on...

1. breathing
2. naming your feelings in the moment
3. your surroundings

Simple Exercises to try

Body Scan

Lie on your back with your legs extended and arms at your sides, palms facing up. Intentionally focus on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

Sensory Scan

Sit still in your room or outside in nature for 2 to 5 minutes. Pay attention to all 5 of your senses and make a mental note of what you see, hear, smell, taste or touch. You can also do this by focusing on just one of your senses.

Gratitude Journaling

Pay attention and make a log of all the things in your day that go well, or that you are thankful for. Being mindful of the good can help you re-frame the not-so-good.

DID YOU KNOW ABOUT...

Weekly drop in mindfulness & meditation at the Sacred Space
4-Week Mindfulness & Meditation Classes by Wellness & Health
Promotion

