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.

**Benefits**
- Slows heart beat
- Promotes feeling calm
- Helps you think clearly
- Reduces stress and anxiety
- Improves attention
- Improves sleep

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

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