

# • MINDFULNESS •

Mindfulness is being able to connect with all 5 senses in a positive way. Here are some examples:



## MINDFUL BREATHING

Breathe in through the nose for 4-5 counts. Exhale out of the mouth for 4-5 counts. Focus on your breath by pushing the air down to your stomach.



## MINDFUL OBSERVATION

Look at things around you and focus on seeing and noticing the details in objects.



## MINDFUL AWARENESS

Sit in a chair with your feet on the ground and become aware of the many parts and aspects of the chair. Use your hands to feel the different patterns and textures in the chair.



## MINDFUL LISTENING

Listen and be aware of sounds around you and determine what they are or doing. An example is birds chirping.



## MINDFUL APPRECIATION

Focus on 3 things you can be grateful for.

Practice mindfulness twice daily at lunch and before bed to bring down levels of anxiety and tension.

**ALLUVION**  
HEALTH