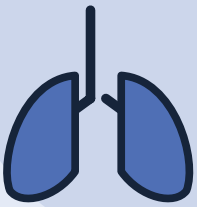
ADULTS ACTIVITY

Mindfulness Exercises



WHAT THIS IS

Mindfulness is noticing what is happening right now without judging it. Short practices work best when done often.

HOW TO USE IT

1. Pick one practice.
2. Try it for a week.
3. Log how you feel before and after.

EXAMPLE

"After a 2-minute breath practice my stress dropped from 7 to 5."

MINDFUL BREATH

2 min

1. Sit comfortably.

2. Notice the breath at your nose or belly.

3. When the mind wanders, return gently.

BODY SCAN

5 min

1. Start at your toes.

2. Move slowly up to your head.

3. Notice tension and soften it.

MINDFUL MOMENT

1 min

1. Pause what you are doing.

2. Name 3 things you see, hear, feel.

3. Take one slow breath.

Practice log

Day	Practice	Stress before (1-10)	Stress after	What I noticed
Mon				
Tue				
Wed				
Thu				
Fri				

If your mind wanders, that is normal. If an exercise feels uncomfortable, open your eyes, look around, and stop. If memories or sensations feel overwhelming, consider speaking with a counselor.

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