

Mindfulness Skills

Mindfulness is being present without judgement. Noticing thoughts and emotions without judgement, meeting yourself where you are with compassion and curiosity.

5

Things you can see

Name 5 things in your environment

4

Things you can hear

Could be nearby or distant sounds

3

Things you can feel

e.g., feet on the ground, physical sensations

2

Things you can smell

Try to think of 2 scents you enjoy

1

Thing you can taste

Could be imagined

Noticing the breath

How to practice for 3 minutes

- ◆ Get settled: sit in a comfortable position with eyes closed or focused.
- ◆ Focus on the breath: bring your attention to your breathing. Notice the different sensations, such as movement in and out of your nose and the movements in your chest and belly.
- ◆ When the mind wanders, notice without judgment and return focus to the next breath.

