

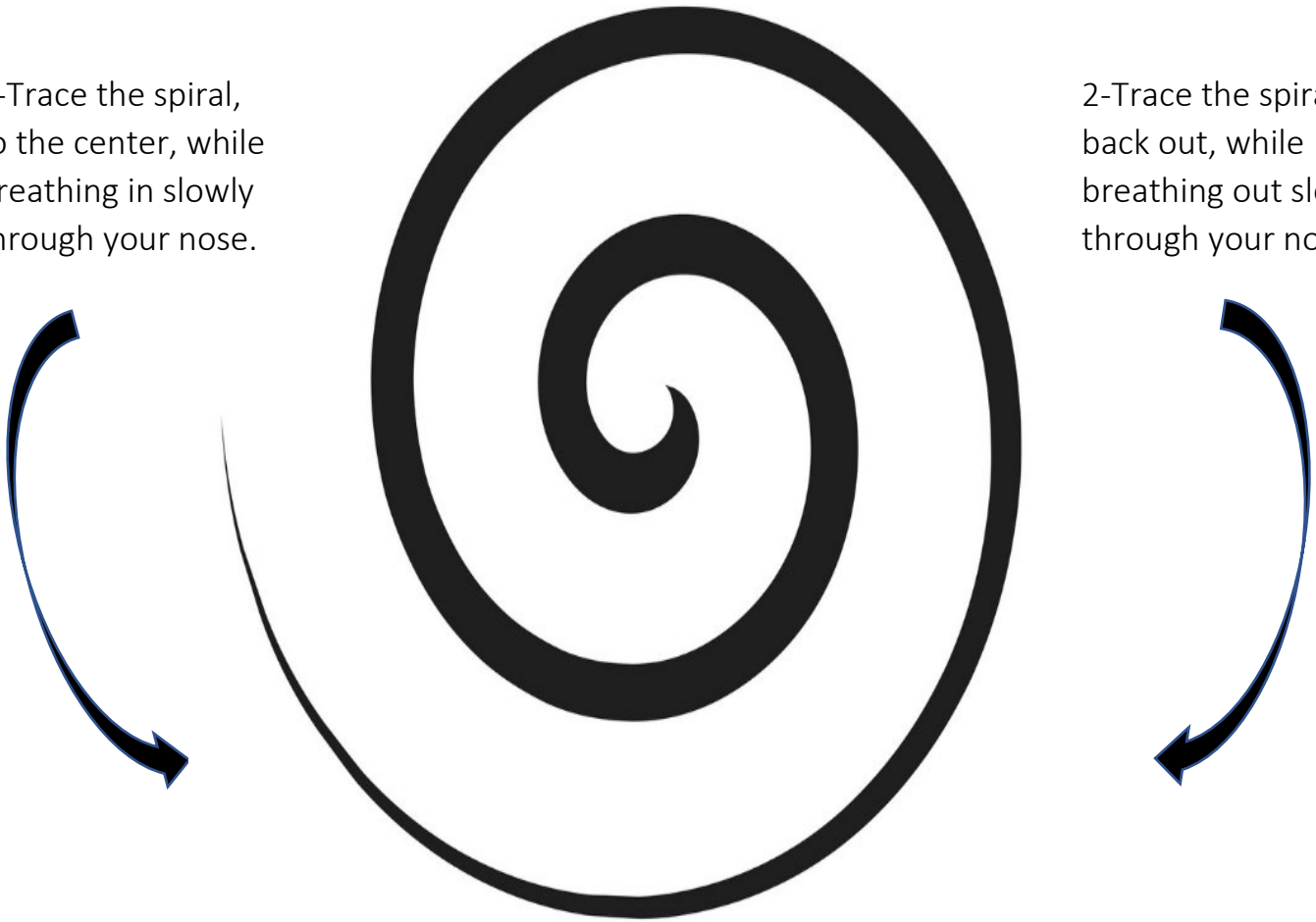
Mind & Body Reset

Thoughts may be productive, neutral or harmful. When we are stuck in harmful thinking, it may help to put some space between our thoughts and reactions. If an anxious or troubling thought is stuck in your head, try these mindfulness activities.

Breathe In—Breathe Out—Repeat

1-Trace the spiral, to the center, while breathing in slowly through your nose.

2-Trace the spiral, back out, while breathing out slowly through your nose.



Five Senses

See—Look around to notice something you haven't seen before.

Hear—What are the background noises going on right now?

Smell—Are you aware of any smells? Are they pleasant or not so much?

Feel—Feel the pressure of your feet on the floor and the temperature on your skin.

Taste—Take a sip from your water bottle and really notice how it tastes.