

Mindful Morning



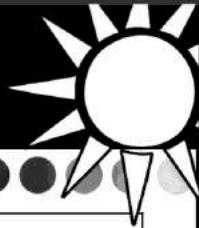
5	Slowly take five deep breaths.	A stylized icon representing breath, consisting of three wavy lines.
4	List four things you can see or notice around you.	A detailed illustration of a human eye with a blue iris.
3	List three things you are grateful for.	A simple red heart shape.
2	Say two positive self-talk statements to yourself.	A white speech bubble with a blue outline.
1	Name one thing you are looking forward to today.	A yellow star with an orange outline.

Mindful Morning



5	Slowly take five deep breaths.	A stylized icon representing breath, consisting of three wavy lines.
4	List four things you can see or notice around you.	A detailed illustration of a human eye with a blue iris.
3	List three things you are grateful for.	A simple red heart shape.
2	Say two positive self-talk statements to yourself.	A white speech bubble with a blue outline.
1	Name one thing you are looking forward to today.	A yellow star with an orange outline.


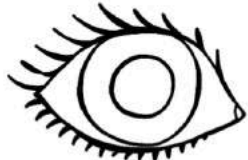



Mindful Morning



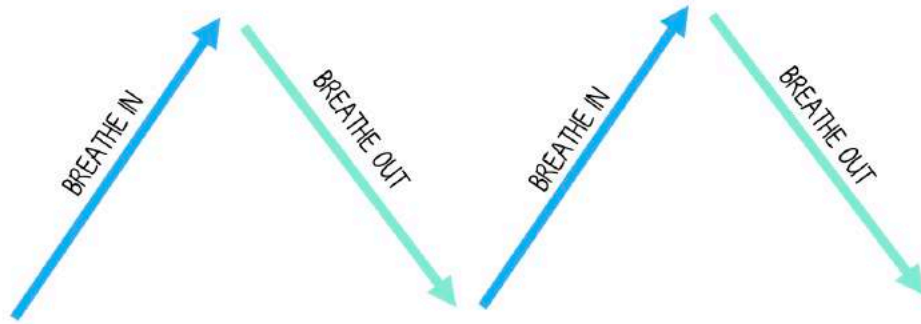
5	Slowly take five deep breaths.	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

Mindful Morning

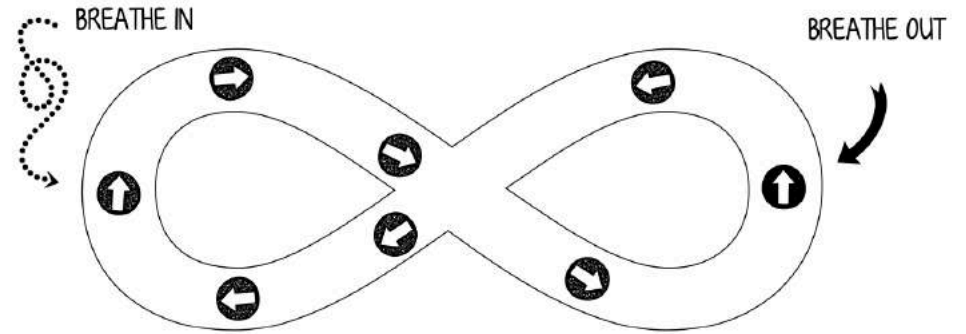


5	Slowly take five deep breaths.	
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

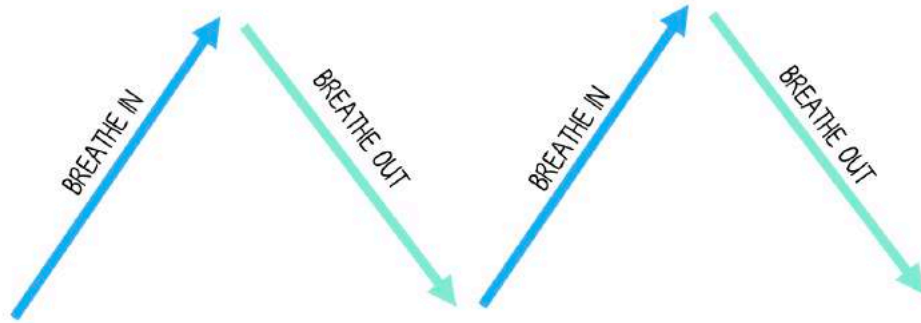
Just Breathe



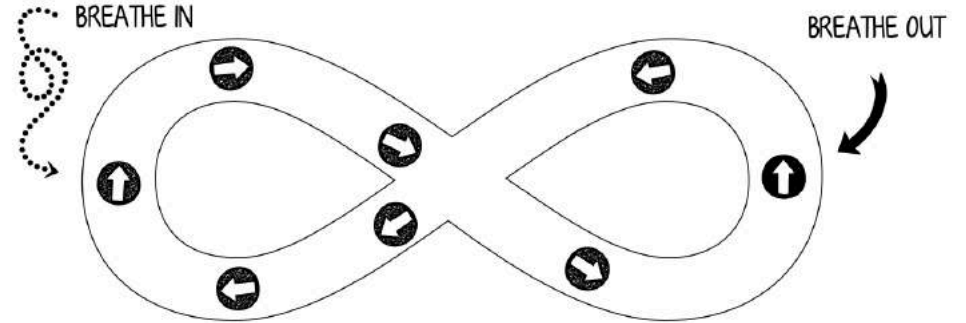
Just Breathe



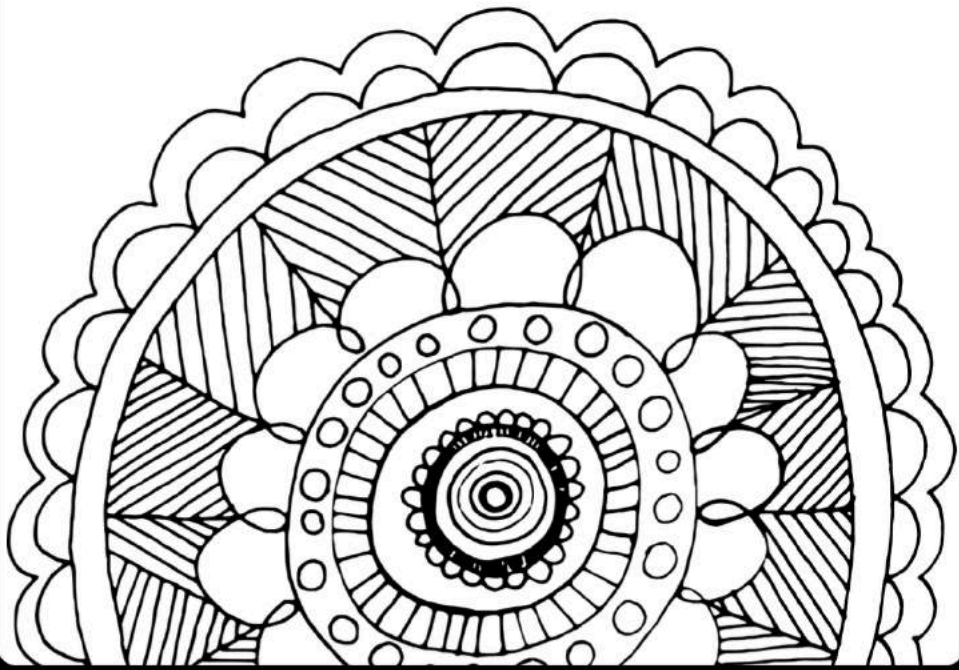
Just Breathe



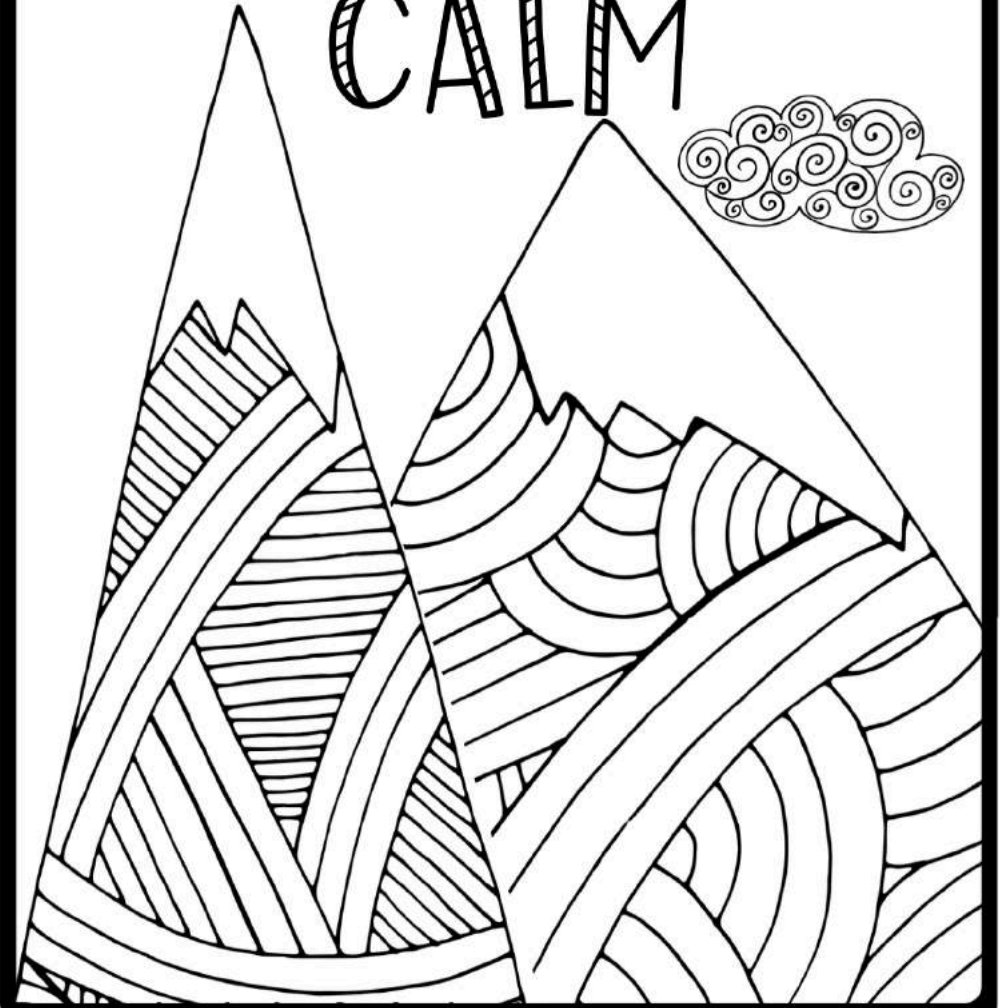
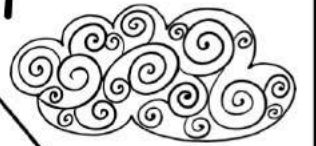
Just Breathe



JUST
BREATHE



CREATE
Your own
CALM



My Mindfulness Book



MINDFULNESS
ACTIVITIES I
CAN DO
ANYTIME

NAME _____

Mindful Dots



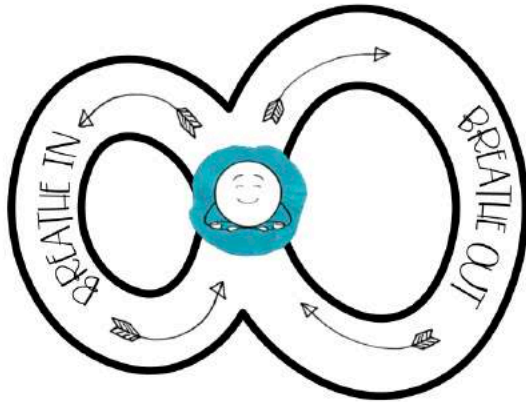
PUT YOUR HEAD ON YOUR DESK.

PLACE YOUR FINGER ON THE 10 DOT AND COUNT DOWN SLOWLY FROM 10 TO 1. WITH EACH NUMBER IN THE COUNT:

- TAKE A DEEP BREATH AND THEN SLOWLY RELEASE IT
- MOVE YOUR FINGER ALONG THE DOTS

UPON COMPLETING THE COUNT, RAISE YOUR HEAD FROM THE DESK.

Lazy 8 Breathing



- PLACE YOUR FINGER ON THE DOT.
- TRACE THE 8 AND TAKE A DEEP BREATH AND THEN LET IT OUT

Mindful Maze



TAKE A DEEP BREATH AND CLEAR YOUR MIND FOCUSING ONLY ON THE MAZE. USING YOUR NON-DOMINANT HAND, TRACE THE PATH WITH YOUR FINGER STARTING WITH THE CENTER LINE UNTIL YOU REACH THE END. FOCUS ON THE MOVEMENT OF THE MAZE AND BREATHING DEEPLY.

Grounding



DESCRIBE **5** THINGS YOU SEE



DESCRIBE **4** THINGS YOU FEEL



DESCRIBE **3** THINGS YOU HEAR



DESCRIBE **2** THINGS YOU SMELL



DESCRIBE **1** THINGS YOU TASTE

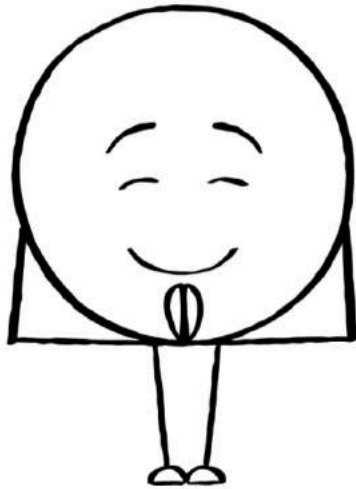
©Carol Miller 2017

My Favorite Strategy

DRAW OR WRITE ABOUT IT!

©Carol Miller 2017

Body Scan



TAKE A SCAN OF YOUR BODY. STARTING WITH YOUR TOES.

- MOVE YOUR TOES BACK AND FORTH
- MOVE YOUR CALVES AND FLEX THEM UP AND DOWN.
- TAKE A FEW DEEP BREATHES, AND NOTICE HOW YOUR CHEST RISES AND FALLS WITH EACH BREATH
- MOVE YOUR SHOULDERS AND SHRUG THEM UP TO YOUR EARS AND DOWN AGAIN
- MOVE YOUR FINGERTIPS
- ROTATE YOUR NECK AND HEAD TO THE LEFT AND THEN TO THE RIGHT

NOTICE HOW YOUR BODY FEELS AS YOU MOVE YOUR BODY AND AGAIN AFTER YOU TAKE YOUR SCAN.

©Carol Miller 2017

Situations Where I Can Try My Mindfulness Techniques

- 1** _____
- 2** _____
- 3** _____

©Carol Miller 2017