

Mindfulness Practices

supporting **physical, mental, emotional, and social health**

Some come easy while others take practice and intentionality. Which ones do you already practice? Which ones would you like to try? It is important for adults and children to develop habits that foster self-care, and it's never too late to start!

Daily Check-Ins

Starting a meeting or a class by taking a few minutes to see how people are doing, set intentions/purposes for the day, or simply say hello.

Self-Care Routines

Consistently engaging in random acts of kindness toward yourself through simple pleasures, such as listening to music, walking, eating a healthy meal, etc.

Daily Check-Outs

Taking a moment to conclude a meeting or a class with an optimistic closure, a brief reflection, or a commitment to take the next step.

Positivity & Optimism

Constantly appreciating the things that give joy or seem right instead of what goes wrong.

Pausing

Taking a moment to reflect, choose your words, respond, or simply process what is being asked or what is happening around you.

Gratitude

Recognizing life's "gifts" or blessings, and being thankful for them rather than focusing on what is missing or lacking in your life.

Breathe

Inhaling and exhaling to slow down, relax, be more alert, or better able to cope with stress.

Healthy Eating

Nourishing your body with nutritious food to give you energy and promote well-being.

Brain Breaks

Stepping away or shifting your attention to give your mind a chance to clear and organize your thoughts so that you can better focus.

Physical Activity

Engaging in light-to-moderate exercise to promote well-being.

Relaxation

Resting and using aroma therapy, beautiful scenery, delicious food, physical activity, or some other comforts.

Transitions

Shifting from one activity to the next so that you can maximize focus and effort.

Meditation

Intentionally breathing and clearing your mind by first acknowledging your thoughts, and then relaxing your way to clarity.

Compassion & Empathy

Demonstrate understanding toward pain and suffering, and practice vulnerability as needed.