



Ways to Practice Mindful Minutes!

- Breathing exercises
- Reading
- Take a shower/bath
- Go for a walk
- Call someone you trust
- Drink something cold
- Listen to your favorite song
- Tapping exercises/CNS training
- Journal
- Write down 10 things you're grateful for
- Smell something calming
- Focus on a mantra
- Go outside
- Meditate
- Create artwork
- Cook your favorite meal
- Garden
- Dance
- Spend time with pets
- Hug a loved one
- Do something nice for someone else
- Volunteer
- Listen to a podcast
- Take a nap
- Declutter your space
- Do a digital detox
- Learn something new