

7 MINDFULNESS TECHNIQUES

to help FEEL focused, calm and happy

1. SCAN YOUR BODY

From the top of your head to the tips of your toes, notice how you're feeling. Use your 5 senses to bring yourself into the present moment.



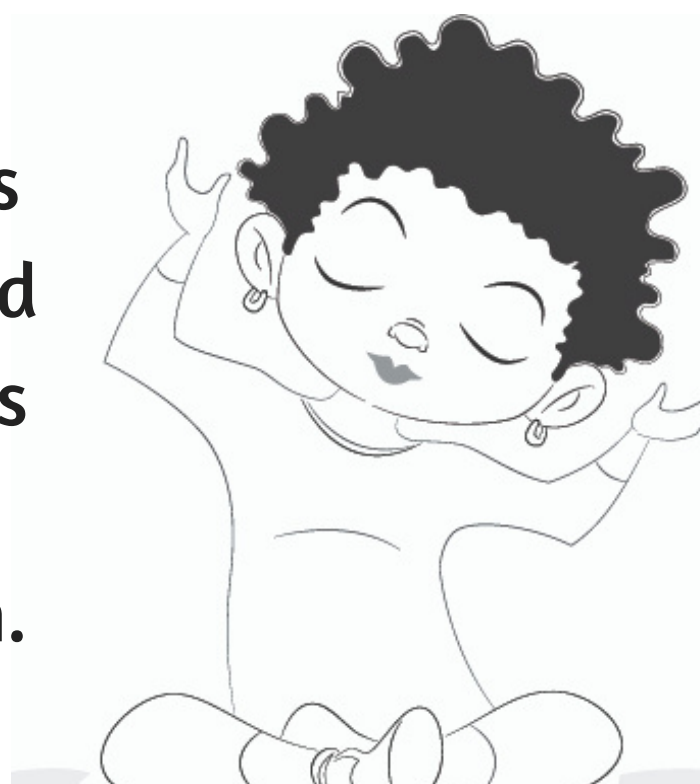
2. BREATHE

Begin to breathe slow, deep breaths. Try balloon breathing or imagine smelling the scent of a flower and exhale fogging up your mirror 10 times.



3. STRETCH YOUR SPINE

Any time you stretch your spine, you calm the nervous system and FEEL relaxed and happy. Try the 7 movements of the spine, yoga or your favourite exercise or stretch.



6. CONNECT TO YOUR HEART

Imagine something that makes you feel very happy. Notice that feeling in your heart and send it to your whole body, your family, friends, the earth and the entire universe.



7. FEEL GRATITUDE

Feel thankful in your heart for all that you are & have.

4. BRAIN GYM

Imagine or draw a lazy 8 (infinity symbol) going upward and clockwise continuously. This helps balance the brain. For more exercises, visit www.braingym.org



5. AFFIRMATIONS

Think, say and FEEL positive statements daily to feel positive and happy! Repeat them many times each day.
Ex. I am happy. I am confident in everything I do. I love and accept myself and others.

