



## TIPS TO STAY MINDFUL

### FIVE FINGER BREATHING

Breathe in slowly and fully tracing up your finger, and out as you trace down the other side beginning with your thumb and continuing with each of your other fingers. As you follow the outline of your hand you will feel your body calming.

### TECH DETOX

Devices contribute to our stress in many ways. Take a 5 minute technology-free break (not in the middle of Zoom class!) – no phone, TV, computer. Close your eyes and reflect. Try to add a minute a day and see how far you can go!

### NOTICE THE GOOD

Look around and notice the things that are good, or even just okay, right now. Go through your day and notice five things that are beautiful, helpful, kind, or pleasant. Keep them on a list on your phone, and read them back when you need a pick-me-up.

### MINDFUL WORD

Find a word that calms you – peace, sunlight, ocean. Think the word to yourself, saying it silently in your own mind and focus on how you feel. If your mind begins to wander, gently bring it back to your word. Challenge yourself to do this for one minute. If that seems too easy, try five minutes!

### COLORING

Take time for fun. Mindful coloring is something that has gained in popularity in recent years. When coloring, you can feel free to create, and even go outside the lines. Go ahead and paint the sky green and the trees blue – it's your choice!