

Mindfulness Exercises Guide

1. Deep Breathing

- Sit comfortably. Inhale through your nose for 4 counts, hold for 4, exhale through mouth for 6.
- Repeat for 3-5 minutes daily.

2. Body Scan

- Lie down or sit back. Focus on each part of your body from head to toe.
- Observe sensations without judging them.

3. Five Senses Grounding

- Notice: 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.

4. Thought Labeling

- When a thought appears, silently label it (e.g., "worry," "planning") and gently return focus to your breath.

Practice daily for improved calm, focus, and emotional resilience.