

# DAILY MINDFUL HABITS

Practicing small moments of mindfulness throughout the day is essential to manage stress and anxiety effectively.

## Breathing Buds



Lay down and place a stuffie or pillow on your stomach. Watch it move up and down as you breathe. Finish by noticing body sensations.

## 5 Finger Breathing



With one hand, trace each finger of your other hand starting at the thumb. Breathe in as you go up and out as you go down. Change hands.

## Listen



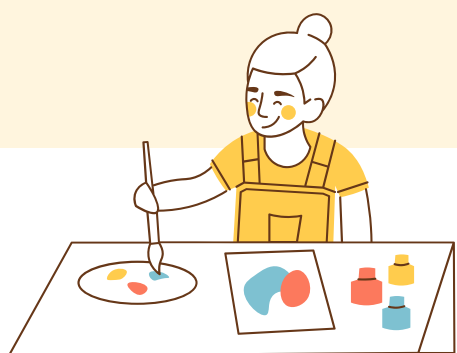
Take a moment to listen. Simply note any sounds that show up in the next 20-30 seconds.

## Note



Note which sense is most predominant moment to moment (e.g., seeing, hearing, feeling, smelling, tasting, or thinking).

## Create!



Doing something creative is a great way to be mindful.

## Take on Social Media Detox



Social media fuels stress and anxiety because it keeps us in autopilot. Stop digital activity and be more present to your surroundings!

## Eat Mindfully



Eat mindfully. Take in as many senses as you can and really notice what the foods feel and taste like in your mouth.

## Attend to everyday activities



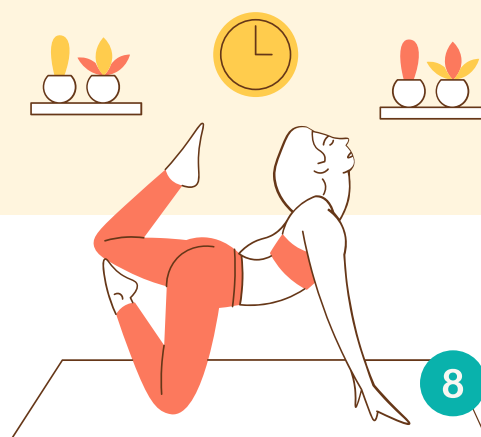
Pay attention to your body in everyday activities you do. Feel the water as you shower or bathe, or even washing your hands!

## Smiling Breath



Open your eyes wide and take in 3 slow breathes, noticing the breathe as it goes in and out of the body.

## Body Awareness



Throughout the day, notice whatever physical sensations are strongest in your body. Label the sensation (e.g., tight, clenching, warm). Yoga is a great way to feel your body.