

What is Mindfulness?

Worksheet

This worksheet is a tool meant to help individuals practice mindfulness, which involves being fully present and engaged in the moment, aware of one's thoughts, feelings, and sensations without judgment.

Instructions: Find a quiet place to sit or lie down comfortably. Focus on your breath, noticing the sensation of the air entering and leaving your body. If your mind wanders, gently bring your attention back to your breath.

Mindful Breathing Exercise	Body Scan Meditation
<ul style="list-style-type: none">✓ Find a Comfortable Position: Sit or lie down in a comfortable position. Close your eyes if it feels right.✓ Focus on Your Breath: Take a deep breath in through your nose, letting your belly expand. Exhale slowly through your mouth.✓ Notice Sensations: Pay attention to the sensation of the breath entering and leaving your body.✓ Return to Breath: If your mind wanders, gently bring your focus back to your breath.	<ul style="list-style-type: none">✓ Get Comfortable: Lie down on your back with your arms at your sides. Close your eyes.✓ Focus on Your Toes: Start with your toes. Notice any sensations, tension, or relaxation. Breathe into this area.Move Up the Body: Gradually move your focus up your body, paying attention to each part (feet, legs, hips, back, chest, arms, neck, and head).✓ Notice Without Judgment: Observe sensations without trying to change them. Just notice.✓ Complete the Scan: Once you've scanned your entire body, take a few deep breaths and slowly open your eyes.

Mindful Eating Exercise	Gratitude Reflection
<ul style="list-style-type: none">✓ Choose a Small Piece of Food: Select a raisin, piece of chocolate, or a small piece of fruit.✓ Observe the Food: Look at the food as if you've never seen it before. Notice its color, texture, and shape.Taste the Food: Place the food in your mouth without chewing. Notice how it feels on your tongue.✓ Chew Slowly: Begin to chew slowly, noticing the flavors, textures, and sensations. Swallow when ready and take a moment to reflect on the experience.	<ul style="list-style-type: none">✓ Set Aside Quiet Time: Find a quiet moment in your day to reflect. Sit comfortably with a journal or the worksheet.✓ Write Them Down: Write each item down in detail. Why are you grateful for this? How does it make you feel?Reflect on the Positive Impact: Take a moment to reflect on how these things have positively impacted your day or life.✓ Express Gratitude: If possible, express your gratitude to others involved, or simply acknowledge it to yourself.