

Mindfulness Practice

DIRECTIONS

Practicing mindfulness is a great way to begin regulating your emotions. If you are more aware of how you're feeling, you are more able to find your center when you've become off-center. Select one of the following mindfulness exercises to practice each day — ideally at the same time each day — and complete the daily check-in form for one week.

- **Mindful breathing:** Take 1 - 5 minutes each day to pay close attention to your breath. Try to think only of the way your breath feels as you inhale and exhale.
- **Body scan:** Close your eyes and pay attention to how your body feels, from head to toe. Notice sensations as you breathe in and out intentionally.
- **Mindful eating:** For one meal per day, be aware of the sensations as you chew and swallow your food. Pay attention to taste, texture, and temperature.
- **Restorative yoga:** Find a restorative yoga session on YouTube or on an app like Down Dog. Try to be fully in the moment during these sessions, and when your mind wanders, gently return to focusing on the yoga pose and your breathing.
- **Guided meditation:** Use a YouTube video or mindfulness app to practice guided meditation. Don't worry if your mind wanders during the practice — gently return your thoughts to the practice and continue on.
- **Morning/evening gratitude:** Take a few moments each morning as you wake, or each evening as you begin to settle into sleep, to make a mental list of the things in your life for which you are grateful.
- **Daily intention:** Each morning, set an intention for at least one action you will take that day to ensure you get closer to reaching your goals.
- **Device-free time with family:** Establish a set time each day during which nobody in the family has access to their phones, tablets, or computers. This might be during a meal, while playing a family game, taking a walk, or any other time that feels right to you. Focus on just being together and enjoying each other.

DIRECTIONS

Take a moment to reflect on your day. What emotions did you go through? How are you feeling right now?

Day 1

Throughout the day, I felt (circle all that apply):



happy



calm



proud



frustrated



stressed



sad

Right now, I'm feeling:

Day 2

Throughout the day, I felt:



Right now, I'm feeling:

Day 3

Throughout the day, I felt:



Right now, I'm feeling:

Day 4

Throughout the day, I felt:



Right now, I'm feeling:

Day 5

Throughout the day, I felt:



Right now, I'm feeling:

Day 6

Throughout the day, I felt:



Right now, I'm feeling:

Day 7

Throughout the day, I felt:



Right now, I'm feeling: