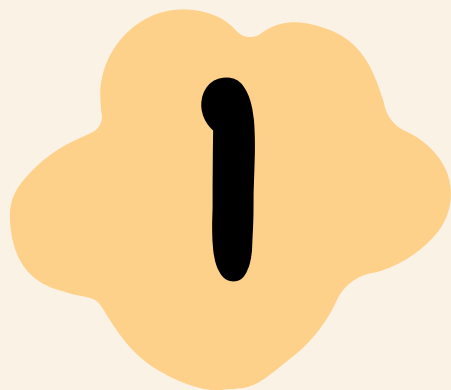


7

mindfulness

exercises





Mindful breathing

Focus on your breath, count your breaths, and be aware of your breath going in and out.



2



gratitude practice

Take a few moments to think of something that you are grateful for and really let the feeling of gratitude sink in.



3



Positive affirmations

Take time to repeat positive affirmations to yourself, such as "I am capable of achieving my goals" or "I am strong and capable."



4



Meditation

Take time to sit in stillness and focus on your breath or repeat a mantra to yourself.



5



Body scan

Focus your attention on different parts of your body and notice the sensations as you move through each one.



6

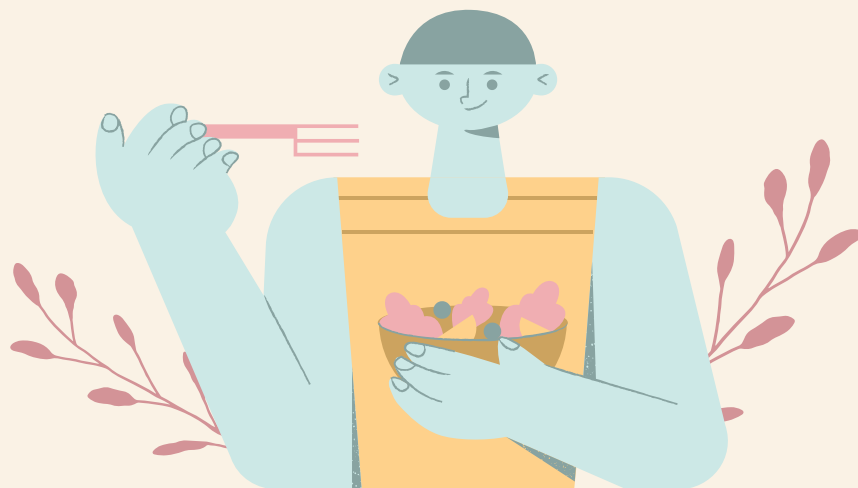


Observe your thoughts and emotions

Notice your thoughts and emotions without judgment and be aware of how they are impacting you.



7



Mindful eating

Take your time to enjoy each bite of food and really savor the flavor and texture.

