

BE KIND TO YOUR MIND

Simple Mindfulness Practices for Daily Life

STAY ACTIVE

- Go for a walk
- Enjoy the outdoors

OBSERVE YOUR THOUGHTS

- Notice what you are thinking
- Notice your body language



FOCUS ON YOUR BREATH

- Breathe in through your nose for 4 seconds
- Hold for 1 second
- Exhale through your mouth for 5 seconds
- Repeat

ENJOY LIFE

- Listen to music
- Watch TV
- Be with friends
- Laugh

