MINDFULNESS PRACTICE

Did you know incorporating regular mindfulness practice helps to...

- Decrease stress
- Increase energy
- Improve sleep quality
- Increase motivation and productivity
- Lower blood pressure
- Reduce pain

Quick tip: practice deep breathing! No matter where you are, you can practice breathing in and out SLOWLY to help you relax. Try closing your eyes and count your breaths like this:

Breathe in...1...2...3...

Breathe out...1...2...3...

Find a way that works for you!

- Put the screen down! Read, listen to music, draw, journal, cook, take a walk, play with your pet, etc.
- Take a few minutes to do something you enjoy- without screen time.
- Deep breathing- focus on your inhales and exhales for a few minutes.
- When your mind starts to wander, bring it back to focusing on your breath
- Progressive Muscle Relaxation- while sitting or laying down, tense and release different muscle groups. Start at your feet and work your way up to your head.
- Visual imagery- Close your eyes and imagine a calming setting like the beach or woods. Think of the sounds, sights, and smells of that calming place.
- Mindfulness movement.

Lowering stress can help you focus, sleep better, feel happier, and improve your overall health.

THE W.E.L.L. CLINIC
by Children's Primary Care Medical Group