



5 Senses Exercise: Take a moment to recognize...

- 5** things you can *see*.
- 4** things you can *feel*.
- 3** things you can *hear*.
- 2** things you can *smell*.
- 1** things you can *taste*.

MINDFUL LISTENING

This typically occurs within the context of social settings. Direct attention to how it feels to speak (e.g., about something stressful, happy, etc.). Passively observe your thoughts, feelings, and body sensations when talking and when listening to others. It may be helpful to ask yourself questions after these mindful interactions such as: Did my mind wander at all during that conversation? What was the distraction? Did my mind judge while listening to others? How did it feel to judge?

MINDFUL SEEING

Find a space at a window where there are sights to be seen. Look at everything there is to see. Without labeling anything, take note of color patterns and textures. Pay attention to the movement of grass/trees/etc. in the breeze. Take note of the different shapes. Try to view everything as if you were someone unfamiliar with these sights. Do not fixate on any one thing. If you become distracted, gently pull your mind away from those thoughts and notice a color or shape again to put you back in the right frame of mind.

MINDFUL BREATHING

This exercise does not involve manipulating one's breath. Rather, it is focused on placing awareness on the natural occurrence/rhythm of breath. Begin by breathing normally and slowly drawing focus to your breath. It may help to focus on a physical cue like the feeling of breath in your nostrils or rise and fall of your chest. If your mind wanders, make note and return your attention to your natural breathing. Continue this for a couple of minutes.

BODY SCAN

Get in a comfortable position either sitting or lying down and close your eyes. Bring a gentle awareness to the rhythm of your breath, but don't attempt to change it. Pay attention to the way your body feels (e.g., temperature, how your clothes feel on different body parts, the surface you are sitting/laying on). Move your attention to the tips of your toes, and scan systematically up your body (to the rest of your feet, lower legs, knees, thighs, etc.), paying attention to the way each area feels.

