

7

MINDFULNESS

EXERCISES



I CAN!
EDUCATION



1

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.

An illustration of a person with dark hair, eyes closed, and hands clasped in a meditative pose. They are sitting on a white cloud. The background is a light blue sky with various elements: a large orange cloud with the number '3' in the top left, a green and blue rainbow in the top right, several white clouds, and yellow brushstroke-like lines. Purple stylized plants are behind the person. A large purple hand-like shape is in the bottom left, and another white cloud is in the bottom right.

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.