



## MINDFULNESS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

# Mindfulness Skills & Activities

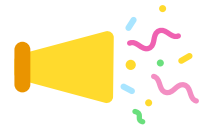
The more you practice mindfulness the more it will help our mental muscles to have better focus, attention, and awareness. You can choose from many activities below to practice the skills of mindfulness.



**Observe**  
Skill



**Describe**  
Skill



**Participate Fully**  
Skill

Counting Breaths

Paced belly breathing

Listening to music and paying attention to one instrument

Going for a walk and naming what you see

Mindfully eating your favorite food

Playing an instrument

Journaling

Dancing

### Using recommended apps to guide you:

- Calm
- Headspace
- Shine
- Mindfulness for Children
- Thrive for Alexa: Amazon
- Take a Chill
- OMG I Can Meditate