7 Ways to Practice Mindfulness

☐ Do a Body Scan

Move slowly bringing present awareness to each body part.

☐ Go for a Mindful Nature Walk

Notice your five senses as you walk through nature. What do you smell? See? Feel? Hear? Taste?

☐ Focus on an Object

Bring focused awareness to an object infront of you. Take in every detail of this object and focus on it fully and carefully..

☐ Bring Mindfulness to the Mundane

Practice mindfulness every dayas you do the dishes, chop veggies, & get dressed.

☐ Do Breathing Exercises

Inhale for five seconds, hold for five seconds, exhale for five.

☐ Practice Mindful Eating

Eat and chew slowly and with intention. This can help you eat healthier and prevent over eating.

☐ Do a Brain Dump

Write down every thing your thinking or feeling without passing judgement.

For more info, visit lovelyholisticliving.com