

Self Care is Empowerment

 #YouMatter
**Mindful
Activities**

1

Guided meditation:
A practice of focusing
and bringing awareness
to present moment

2

Mindful walking:
A practice of noticing
the body as it moves and
the environment
around.

3

Body Scan:
A practice of
bringing awareness
to the body

4

Mindful Eating:
A practice of paying
attention to the
experience of
eating

5

Nature observation:
A practice of sitting in
nature and noticing
the sensations of
the environment.

6

Gratitude practice:
When you notice the
positive things in life
and express your
gratitude for them.