

MINDFULNESS GUIDE

to Staying Home + Staying Calm

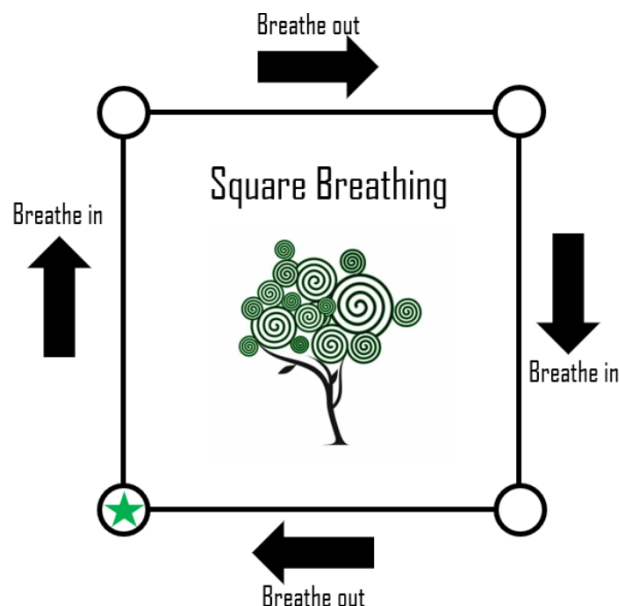


LIMIT MEDIA

Limit news to reliable sources and updates from your local officials. Details are changing rapidly, so take the time you need to process it by unplugging throughout the day.

CONTROL YOUR BREATH

Start at the green star. Breathe along the lines, then pause at each corner on the circle. Draw a similar square on half a sheet of paper, or use a household item like a coaster.



OFFER SELF COMPASSION

Offer yourself the same compassion that you would offer to a friend. Recognize your fears before they become overwhelming.

Name a Positive: What is good in this present moment? Could it be that you are safe? Your body is working right now?



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COOK AS A FAMILY

Cooking together can be structured or spontaneous! Following a recipe accurately keeps you present. If you go off-plan, bring yourself back to the present moment with a mindful breath.

MINDFUL EATING

Make the most of each meal by engaging all five senses before you take a bite. Look, listen, feel, smell, then taste. Talk about what you saw, where your food came from, and how it got to your plate.



MINDFUL SEEING

Choose a work of art, coffee table book, or houseplant and explain what you see to someone else while they draw your description on a piece of paper. Then, compare the original image to the drawing. Talk about the results.

Draw a sign for your door declaring your home a judgment-free zone!

