

PRACTICING MINDFULNESS

Benefits of Mindfulness

- Keeps you grounded in the moment.
- Regulates your emotions
- Helps problem solve
- Makes you better at conflict resolution
- Strengthens your prefrontal cortex

How To Practice Mindfulness:

1. Notice your surroundings.
2. Name one of your five senses and focus on it for five minutes.
For example: "This is my sense of smell. I can smell my deodorant, I can smell spaghetti sauce in the kitchen, I can smell my daughter's strawberry shampoo..."
3. Go through each of your senses, focusing on each one for as long as you can.
4. Notice every small detail without assigning a value or judgment to it. Don't bring your emotions into it, just notice things and move on.
5. Don't forget to breathe.

Additional Resources

<http://youniquefoundation.org/grounding-technique-mindfulness/>

<http://youniquefoundation.org/win-the-fight-through-mindfulness/>