

# MINDFULNESS *practices*

To help get you back into your optimal zone in your window of tolerance.

**Deep Breathing:** Take slow, deep breaths, focusing on the inhale and exhale to center yourself.

**Body Scan Meditation:** Gradually scan and release tension from different parts of your body.

**Mindful Walking:** Pay attention to each step, the sensations in your feet, and the rhythm of your movement.

**Grounding Techniques:** Engage your senses — touch, sight, sound, taste, and smell — to anchor yourself in the present moment.

**Guided Visualisation:** Picture a calming scene or scenario in your mind to redirect your focus.

**Journaling:** Write down your thoughts and feelings to bring clarity and self-awareness.

**Progressive Muscle Relaxation:** Tense and then release muscle groups to promote relaxation.

**Gratitude Practice:** Reflect on things you're grateful for to shift your perspective positively.

**Affirmations:** Repeat positive affirmations to cultivate a more positive mindset.

**Unplugging:** Take a break from screens and technology to reduce sensory input. Nature

**Connection:** Spend time outdoors, appreciating the sights, sounds, and sensations of nature.

**Breath Awareness:** Focus on your breath, observing its natural rhythm without trying to change it.

**Progressive Counting:** Slowly count numbers in your mind, allowing the rhythmic counting to calm your thoughts.

**Yoga:** Practice gentle yoga poses and stretches to promote relaxation and flexibility.

**Mindful Music Listening:** Immerse yourself in calming music, paying attention to each note and melody.

**Self-Compassion Break:** Speak kindly to yourself, acknowledging that everyone faces challenges and it's okay not to be perfect.