

# **MINDFULNESS WORK**

Exercises and Activities to Develop  
Mindfulness in Your Daily Life



# Mindfulness Work

*Mindfulness is the practice of being fully present and engaged in the moment.*

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## Mindfulness Practices

### 1. Mindful Breathing

- Sit comfortably and focus on your breath as it flows in and out.
- When your mind wanders, gently bring your focus back to your breath.

#### Exercise:

- Set a timer for 3–5 minutes.
  - Count each inhale and exhale up to 10, then restart.
  - Write down how you felt after the practice.
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### 2. Body Scan

- Lie down or sit comfortably.
- Close your eyes and bring attention to each part of your body, starting from your toes and moving upward.

#### Exercise:

- Spend 1–2 minutes on each area.
  - Reflect: What sensations did you notice? How did your body feel afterward?
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### 3. Mindful Eating

- Eat a snack or meal slowly, savoring each bite.
- Notice the textures, flavors, and sensations.

#### Exercise:

- Try this with one meal today.
  - Write down how it changed your experience with food.
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