Simple Mindfulness Exercises

Mindfulness means paying attention to what is happening right now. It can help you notice your thoughts, feelings, sensations, and the world around you (Inclusive Healthcare Australia, 2025; Keenan, 2024). Mindfulness will look different for everyone, so **listen to your body as you find what works for you** (Martin, 2023).

Sensory Awareness:

- **5-4-3-2-1 Grounding:** Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- **Sensory Tools:** Use a fidget toy, weighted blanket, noise-canceling headphones, or another sensory item that helps you feel calm.

Mindful Stimming

Listen to your body and stim when you need to (Keenan, 2024). Notice how your body feels before and after. Do you feel calmer, less tense, or more focused?

Body Movement:

Focus on balance with yoga.



Go on a nature walk outside.



Dance to improve your mood.



Try Tai Chi or Qigong.



Gently stretch your body.



Focus Your Mind:

Give your brain one thing to pay attention to. You might engage in a special interest, color or draw, listen closely to parts of a song, or reflect on one thing that made you happy today. Whatever you choose to do, allow yourself time to decompress in a way that feels restorative.



Start Now

There is no right or wrong way to practice mindfulness (Martin, 2023). Start with one activity that feels helpful for you, and remember that even a few minutes of mindfulness can help.

Need help getting started? Follow this guided Box Breathing Exercise by CHI Health.

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MENTAL HEALTH
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