



BE MINDFUL ACTIVITIES



Be Mindful

This is a 4-week activity. Each week, you have a different activity. We recommend practicing each weekly activity every day, if you can. This is a powerful self-esteem activity.

Week One

Mindful Breathing

Week Two

Mindful Coloring

Week Three

Mindful Walking

Week Four

Mindful Game



Be Mindful

Week One

Mindful Breathing

Time Required

Set your timer for 5-10 minutes daily for at least a week (mindfulness increases the more you practice it).

How to do it

To do mindful breathing, it is to focus your attention on your breath, the inhale and exhale.

You can do this while you will be sitting or even lying in a comfortable position. Your eyes may be open or closed, or you can maintain a soft gaze, with your eyes partially closed but not focusing on anything in particular.

It can help to set aside a designated time for this exercise, but it can also help to practice it when you're feeling particularly stressed or anxious.



Mindful Breathing

Step One - Get Comfortable

Find a comfortable position, whether seated on a chair or cushioned on the floor. Keep your back straight and let your hands rest naturally. Allow your tongue to be in a relaxed position.

Step Two - Invite Relaxation

Take a moment to invite your body to relax. Pay attention to the sensations of your seated position and allow the tension to release. Remember to breathe deeply throughout this process.

Step Three - Focus on Breath Rhythm

Tune into your breath's natural rhythm—feel the flow as you inhale and exhale. Notice where you sense it: abdomen, chest, throat, or nostrils. Simply observe each breath without altering it.

Step Four - Stay Present

Spend 5 to 7 minutes silently observing your breath. If your mind wanders, gently guide your focus back to your breath.



Mindful Breathing

Step Five - Bring Attention Back

After a few minutes, shift your attention to your entire body while still seated. Allow yourself to relax further and appreciate your mindful breathing practice.

Step Six - Appreciate Your Practice

Take a moment to appreciate yourself for engaging in this mindful breathing practice today.

Conclusion

Mindful breathing offers a simple yet effective way to cultivate mindfulness and relaxation. By bringing your attention to the present moment through your breath, you can experience greater calmness, clarity, and inner peace.



Be Mindful

Week Two

Mindful Coloring

Time Required

Engage in mindful coloring for as long as you feel comfortable and enjoy the activity. There's no set time requirement; it's about being present in the moment and enjoying the process.

How to do it

Find a quiet, comfortable space with minimal distractions.

Choose your coloring materials and start coloring mindfully.

Focus on the present moment, express freely, and gently guide your attention back if your mind wanders. Verbally state your actions to enhance focus.

Embrace non-judgment and fully immerse yourself in the coloring experience.



Mindful Coloring

Step One - Select Your Materials

Choose a coloring book or sheet and gather your coloring pencils. Ensure you have a variety of colors available to express yourself freely.

Step Two - Prepare Your Space

Find a quiet, comfortable spot with minimal distractions. Take a moment to settle in and take a few deep breaths to center yourself.

Step Three - Start Coloring Mindfully

Focus on the present moment as you begin coloring. Pay attention to the sensation of coloring, the colors you're using, and the movements of your hand.



Mindful Coloring

Step Four - Express Yourself Freely

Let go of any rules or judgments. Use colors that resonate with you and allow your creativity to flow without constraint.

Step Five - Stay Present

If your mind wanders, gently guide your attention back to the coloring activity. Notice the colors and shapes as they take form on the page.

Step Six - Verbalize Your Actions

Enhance your focus by verbally stating what you're doing as you color. For example, "I'm shading the leaves with green" or "I'm filling in the sky with blue."



Mindful Coloring

Step Seven - Embrace Non-Judgment

Release any expectations about the outcome. Focus on the process of coloring and enjoy the experience without criticism.

Step Eight - Enjoy The Moment

Fully immerse yourself in the coloring experience. Appreciate the colors, patterns, and textures as they come together on the page.

Conclusion

Mindful coloring offers a simple yet effective way to cultivate mindfulness and relaxation. By engaging in coloring with awareness and presence, you can experience greater calmness, creativity, and inner peace.



Be Mindful

Week Three

Mindful Walking

Time Required

Engage in mindful walking for as long as you feel comfortable and enjoy the activity. Walking in an indoor or outdoor space where you can walk back and forth for 15-20 paces.

How to do it

Mindful walking involves deliberate attention to the act of walking, focusing on each step and the sensations associated with it. Whether alone or leading a group.



Mindful Walking

Step One - Find A Location

Choose a peaceful location where you won't be disturbed or observed, and where you can walk back and forth for 10-15 paces.

Step Two - Take a Few Deep Breaths

Settle into a quiet mental space for reflection.

Step Three - Start Your Steps

Walk 10-15 steps along the lane you've chosen, pause, and breathe for as long as you like. Then, turn and walk back in the opposite direction, pausing to breathe at the other end of the lane.

Step Four - Focus On The Components Of Each Step

Deliberately think about and observe each step, including the lifting, moving, placing, and shifting of weight associated with it.



Mindful Walking

Step Five - Determine Your Speed

You can walk at any speed, but in mindful walking, it's often slow and involves taking small steps. Walk at a pace that feels natural to you.

Step Six - Position Your Hands And Arms

Clasp your hands behind your back or in front of you, or simply let them hang at your sides—whichever feels most comfortable and natural.

Step Seven - Focus Your Attention

As you walk, concentrate on sensations such as your breath, the movement of your feet and legs, sounds around you, or sights in front of you.



Mindful Walking

Step Eight - Manage Wandering Thoughts

When your mind inevitably wanders, gently guide your focus back to the sensations of walking.

Step Nine - Do Mindful Walking Into Daily Life

Practice mindful walking regularly, even for short periods, to develop greater awareness and presence in everyday activities.

Conclusion

Mindful walking offers an opportunity to cultivate mindfulness and presence in motion. By focusing on each step and the sensations associated with it, you can enhance your awareness and experience a sense of calm and clarity in your daily life.



Be Mindful

Week Four

Mindful Game

Time Required

Engage in Mindful Game whenever you feel overwhelmed or anxious. It can be done in just a few minutes to help ground yourself and reduce anxiety.

How to do it

Mindful Game is a simple and effective way to reduce anxiety and bring yourself back to the present moment.

It is about intentional positive visualization focus, if your mind wanders. Verbally state your actions to enhance focus.

Embrace non-judgment and fully immerse yourself in the visualization experience.



Mindful Game

Step One - Focus On Breathing

Begin by bringing your attention to your breathing. Take deep, slow breaths to calm your mind and body.

Step Two - Think Of 5 Names

Choose five names—either of people you know or famous individuals you like. Focus on each name and visualize the person associated with it.

Step Three - Choose 4 Places

Choose four places you enjoy to visit or want to visit. Picture each place in your mind and imagine yourself being there.

Step Four - Remember 3 Favorite Sounds

Think of three sounds you enjoy hearing. It could be the sound of rain, laughter, or music. Focus on each sound and its comforting effect.



Mindful Game

Step Five - Think Of 2 Happy Memories

Remember two happy memories from your past. Visualize each memory in detail and relive the positive emotions associated with them.

Step Six - Identify 1 Future Goal

Identify one goal you want to achieve in the future. Visualize yourself accomplishing this goal and feel a sense of determination and motivation.

Conclusion

Mindful Game offers a practical way to reduce anxiety and increase mindfulness. By engaging your thoughts and focusing on positive elements, you can regain control over your emotions and promote a sense of well-being.

