

# Week 1: Practice a 5-Minute Mindfulness Exercise Daily

## Objective:

This week, you will practice a short mindfulness exercise each day to increase awareness, reduce stress, and improve emotional regulation.

## Part 1: Choose Your Mindfulness Practice

Each day, pick one of the following exercises or choose your own:

- **Deep Breathing** – Inhale for four counts, hold for four, exhale for four.
- **Five Senses Check-In** – Name one thing you see, hear, smell, taste, and touch.
- **Body Scan** – Notice and release tension in different areas of your body.
- **Mindful Observation** – Focus on an object (a candle, a plant, the sky) and observe it fully.
- **Guided Meditation** – Use an app, video, or audio for a short mindfulness meditation.

## Part 2: Daily Reflection Journal

After completing your mindfulness practice, answer the following:

 Date: \_\_\_\_\_

 Exercise Chosen: \_\_\_\_\_

**How did you feel before the exercise?**

**What did you notice during the exercise? (Thoughts, sensations, emotions)**

**How did you feel after the exercise?**

**What was the easiest part? What was the hardest?**

**Would you use this exercise again? Why or why not?**

 **Bring this worksheet to your next session to discuss your experience!**

# SELF-SOOTHING SKILL

Grounding techniques help control symptoms of anxiety by turning attention away from thoughts, memories, or worries and refocusing on the present moment.

5-4-3-2-1 Technique - This exercise helps you purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.