

MINDFUL MINUTES

From *unbalanced* to *grounded* in one minute with tools you already have at home! Designed to help you *slow down* and *be present* in tasks throughout your day.



WHAT TO DO

Learn the power of your mind. Use your **senses** to center yourself. Each exercise begins with a **deep breath** in and out and slowly complete your everyday task. **Notice** the sensations you experience.


Remember you have all of the tools already.

BATHROOM

 handwashing


 showering


 brushing teeth

 lotion

BEDROOM


 pillows & blankets


 fan, heater, A/C

 stretching with feet on ground


KITCHEN

 spices

 coffee, tea

 favorite treat

 washing dishes

 holding ice

WANT TO LEARN MORE?

<https://lenasuarezangelino.com>

<https://barbarafeldmann-therapy.com>