

Practicing Mindfulness In Quarantine



Light a candle



Smile



Read a book



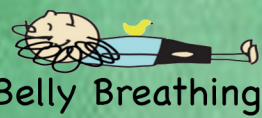
Write a letter



Do Yoga



Take a bath



Belly Breathing



Watch the stars



Color, Draw, or Paint



Practice Meditation



Turn off electronics & JUST BE



Coffee/Tea time



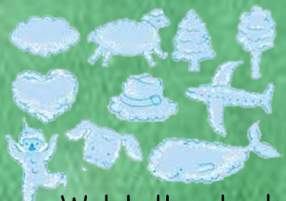
Learn something new



Dance



Read/Write poetry



Watch the clouds



Smell a relaxing scent



Listen to a guided meditation



Stretch



Eat in silence



Watch the sunrise/sunset



Random acts of kindness



Examine the feelings in your body



Spend time with your pet

What is Mindfulness?

The psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgment through yoga, meditation, and other exercises



Examine an everyday object & use senses



Facetime or call friends & family



Make your own music



Walk or run outside



Ride your bike



Listen to music



Write in a journal