



# Mindfulness Activities

Focus On  
Your Breath

Mindfully  
Stretch Or Hold  
A Yoga Pose

List Things You  
Are Grateful  
For

Think Of 3  
Things You Can  
Hear, 3 You  
Can See, 3 You  
Can Feel

List 3 Things  
You Are  
Grateful For

Observe And  
Acknowledge  
Your Emotions

Meditate For  
5 Minutes

Visualize A  
Place You Love

Take Few  
Breaths  
Outside

Say A  
Compliment  
To Yourself

Engage In A  
Creative  
Activity

Focus on The  
Present  
Moment

Spend Some  
Time In  
Nature

Start  
Journaling

Go For A Short  
Walk

Create An  
Affirmation List

Set aside small periods of your day to practice mindfulness.

When engaging in these activities, make yourself comfortable, take your time, breathe and try to focus on the task.