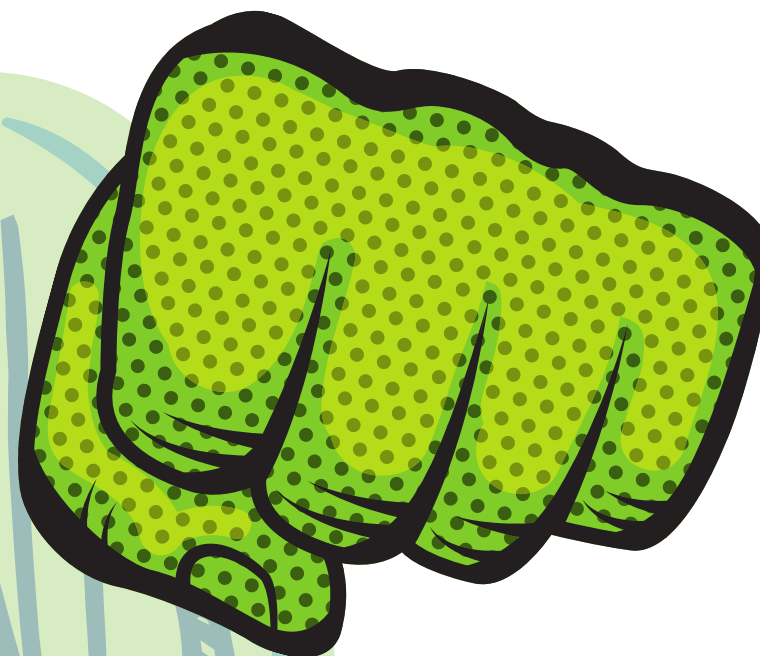


# Mindfulness Exercise

## Mindful Hand

Grasp your hands really tight for 5 to 10 seconds, release and think about how your hands feel. Keep your attention focused on the feeling as long as you can



## Mental Focus

Stare at an object and stare at the object for as long as you can. Keep a mental watch on when your mind starts to wander, then bring it back to the object. The longer you remain focused, the more your mindfulness will increase



## Undivided Attention

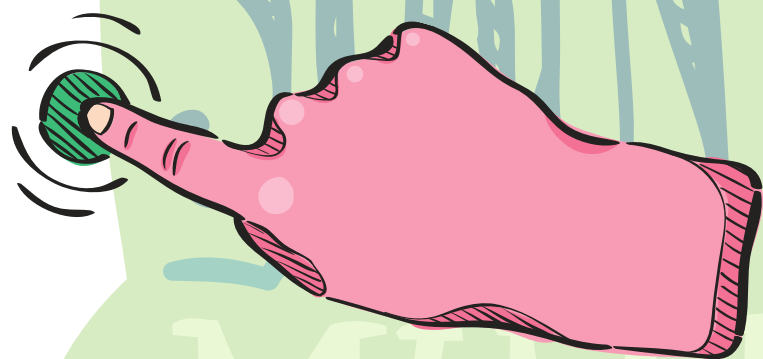
Do something you have never done before and do it with utter and undivided attention



# Mindfulness Exercise

## Sensory

**Touch**



**Smell**

**Hear**



Be aware of your senses,  
do you feel anxious?  
Do you feel Calm?  
Keep your mind  
focused in the moment.

