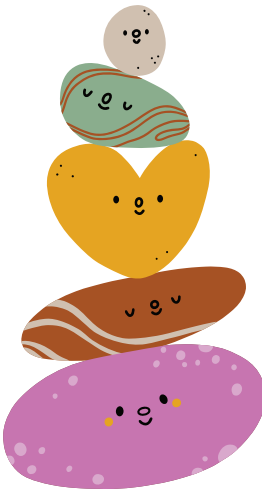


How I Practice Mindfulness

Mindfulness is a technique of bringing awareness to your thoughts, feelings, senses, and environment. Practicing mindfulness can help you stay grounded in the present moment. It can also allow you to remain calm and accepting, no matter what arises.

You can practice mindfulness by doing something that helps you stay centered. This may be taking a walk, visiting a museum, or even tidying up! Pay attention to what you're feeling and sensing as you go.

Directions: Use the squares below to illustrate and describe four activities that help you stay present and grounded. You can refer back to these ideas when you feel scattered, get overwhelmed, or need to reconnect with yourself.



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