

## The Path of Mindfulness

Relaxing yourself through these simple steps can help you feel ready for the day, a little more focused and aware of yourself and your surroundings.

**Step One:** Freeze and Think- Before you hop out of bed and start getting ready for your day, give yourself a moment to think. Use positive words to help start your day on the right foot.



Examples of Positive Self-Talk: Today will be great. I am going to ace this test. I will look nice in my new sweater. I will have a great hair day....etc.

**Step Two:** Take a couple of deep breaths...In through your nose as if you're smelling something pleasant (two to three seconds)., Hold the breath for a second or two, then let the breath out through your mouth (try not to push the air out too hard...a gentle breath).



**Step Three:** Relax your body: Shoulders down, hands and arms by your sides or on your lap, eyes closed or focused on one area (not too much eye movement). Gain awareness of your body (Three to five seconds)

**Enjoy your day!!! :)**