

# Mindfulness Cards

Read, Practice & Relax

It can be easy to rush through life and not take time to breathe or think.

Use these meditation cards to take a few moments out of your day to ground and center yourself.

Each card can be done independently.

You can focus on one card for the day, or for the week.

Explore which practice works for you.

# Box Breath

## Mindfulness Cards

**Close your eyes.** Breathe in through your nose while counting to four slowly. Feel the air enter your lungs.

**Hold your breath** inside while counting slowly to four.

Try not to clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds.

Begin to **slowly exhale** for 4 seconds.

Repeat steps 1 to 3 at least three times. Ideally, repeat the three steps for 4 minutes, or until calm returns.

# Re-Shift Your Focus

## Mindfulness Cards

When you find yourself juggling too many tasks at once during the day, pause for a moment.

Put down all of the tasks and take 3 slow breaths.

Pick one task and move forward with it to completion.

Notice how it feels to complete one task at a time.

# Circle Breath

## Mindfulness Cards

Close your eyes and begin to **settle into your breath.**

**Follow the natural cycle** of your breath.

Begin to **trace the inhale and exhale** of your breath.

After each breath, pause and notice how it feels.

Continue this for 8 breaths.

# Body Scan

## Mindfulness Cards

Bring your attention to your body. You can close your eyes if that feels comfortable to you.

Bring your attention to your feet on the floor, notice the sensations of your feet touching the floor.

Allow yourself to acknowledge any areas of tension or ease and allow them to be there. Simply witness your body.

Scan your attention up from your toes to the rest of your body. Acknowledging each and every part of your body

Then notice your whole body present. Take one more breath.

Be aware of your whole body as best you can.

# Move Through

## Mindfulness Cards

Recognize an emotion or event that is currently weighing on your mind.

Acknowledge it without engaging. Watch it pass by; picture it as a moving car or crashing waves.

You cannot control your surroundings, you can only control your reactions to them.

Take a slow breath in, and then hold your breath for as long as you can. As you exhale, picture yourself letting go of that emotion or event.

# Be In The Center of Your Hoop

## Mindfulness Cards

Find a quiet place and allow yourself to settle into your seat and close your eyes.

As you settle into your seat, take a moment to acknowledge your body and breath. Take a few breaths, feel your body expand and relax with each breath.

Once settled, envision drawing a golden hoop that completely surrounds you. This hoop can be as big as the room that you are in or it can trace just the outline of your body.

Let the hoop completely encapsulate you. Once complete, place yourself in the center of your hoop.

All that you are holding inside of this hoop is yours. Only yours. Anything that may try to project, distract, or pull you away from being centered in yourself can stay outside of your hoop.

Take a few moments to breathe in the center of your hoop. Leave everything else outside.

For the rest of your day, stay in the center of your golden hoop.

# Connect with Nature

## Mindfulness Cards

Plan 20 minutes to be outside in nature during your day (dress appropriately to be comfortable)

You can be outside in any location (your neighborhood, your commute to work, outside your workplace, etc...)

Feel the elements of nature on your skin; the sun on your skin, the rain on your face, wind in your hair, or snow on your eyelashes. Notice the nature in your surroundings.

Afterwards, reflect or journal about your experience. Write down what your favorite part of this experience was.