

# 5 MINDFULNESS EXERCISE

## BODY SCAN

Start by sitting or lying down in a comfortable position. Slowly scan your body from head to toe, noticing any sensations or areas of tension.

## MINDFUL BREATHING

Find a quiet place and sit in a comfortable position. Close your eyes and focus your attention on your breath.

## FIVE SENSES EXERCISE

Identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

## MINDFUL EATING

Choose a small piece of food, such as a raisin or a slice of fruit. Slowly take a bite and savor the flavor, paying attention to the taste and the sensations in your mouth.

## WALKING MEDITATION

Find a quiet outdoor space or a hallway where you can walk without distractions. Notice the sensation of your feet touching the ground, the movement of your body, and the surrounding environment.

# Mindfulness Exercises Tips Chicago

**Wolfgang Guggemos**



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