

Easy and Effective Ways to Practice Mindfulness



Conditioned to Receive

1. **Look around you** - Identify 5 things you see, smell, feel, hear, etc.
2. **Pick up a pen and paper** - Start jotting down your thoughts.
3. **Step outdoors** - Go on a hike, run, walk the dogs, whatever gets your body moving. Hello Endorphins!
4. **Bake something** - Create something that will activate your smell and touch. Then enjoy your hard work with family and friends!
5. **Listen to music** - Find a band, song, instrument that speaks to you.
6. **Get up and move** - Focus on how strong your body is and what you're capable of!
7. **Take a drive** - No distractions, just you and the open road!
8. **Shut down your phone** - Social Media breaks work wonders!
9. **Scripture** - Open up to a random page and see what the Lord is speaking over your life in that moment.
10. **Volunteer** - No better way to gain a grasp on the here and now than by giving your time to serve others!

