

Mindfulness Exercise Worksheet

Date: _____

1. Grounding Exercise: (5 minutes)

- Sit in a comfortable position with your feet flat on the ground.
- Take a deep breath in and out.
- Focus on the sensations in your body, starting from your toes and slowly moving up to your head.
- Note any sensations, thoughts, or feelings you are experiencing.

How do you feel in your body right now?

2. Breathing Exercise: (5 minutes)

- Close your eyes and take deep, slow breaths.
- Inhale for 4 seconds, hold for 4 seconds, and exhale for 4 seconds.
- Repeat this cycle for several minutes.
- Focus on the sensation of your breath entering and leaving your body.

How did this breathing exercise make you feel?

3. Body Scan: (10 minutes)

- Close your eyes and mentally scan your body from head to toe.
- As you focus on each area, notice any tension or discomfort.
- Consciously try to release any tension.

Were there any areas in your body that felt tense or tight? What did you notice?

4. Mindful Awareness (5 minutes)

- Choose one object around you (a plant, a book, etc.).
- Focus on this object for 3-5 minutes, observing it closely.
- Notice the colors, shapes, textures, and any other details.

What did you notice about the object that you hadn't observed before?

5. Reflection:

- How do you feel overall after completing this mindfulness exercise?
- What thoughts or emotions came up during the practice?
