

# Mindfulness Worksheet

Being Present



Open Heart Collective, LLC.

## **Mindful Breathing Practice- This can calm the mind, reduce stress and stay in the present moment**

- Find a quiet and comfortable place to sit or lie down.
- Close your eyes if you feel comfortable doing so.
- Focus your attention on your breath.
- Inhale slowly and deeply through your nose, counting to four.
- Exhale slowly and completely through your mouth, counting to six.
- Repeat this breathing pattern for several minutes, letting go of any distractions

### **Reflection:**

- How did you feel during the mindful breathing exercise?
- Did you notice any changes in your body or mind?
- How can mindful breathing help you in daily life?



## Mindful Walking Exercise- This can help us connect with our surroundings and ourselves

- Find a quiet outdoor space or walk indoors if necessary.
- Begin walking slowly and deliberately.
- Pay close attention to each step, how your feet feel as they lift and touch the ground.
- Notice the sensations in your body, the sounds around you, and the feeling of the air on your skin.
- Keep your focus on the present moment and the act of walking.

### Reflection:

- What did you observe during your mindful walk?
- How did it feel to be fully present in your surroundings?
- How can mindful walking benefit your well-being?







## Reflection:

- Use these in daily routines
- Progress over perfection
- Spend 5-15 minutes doing the exercises, not too long, especially right away. If mindfulness, breathing, calming the mind is new to you; you need to build up to longer periods of time
- All these techniques are helpful for relaxation, stress management, focus, and calming the mind
- Brings you back into present moment
- Find apps or videos that can help guide you
- Meditation apps that focus on breathing
- Grounding exercises that focus on mindfulness