EXERCISES

Take a Deep Breath

Be conscious of your own breathing by taking a few deep breaths. Focus only on breathing to forget about the stressors in your life. This will help reduce stress and provide a break in the middle of a daily routine.

Sense the Object

Grab any object. Focus on that object. Describe it using the five senses. Use words to describe the object, becoming fully focused on the object. This will be beneficial in being present in the moment and learning how to reflect without thinking about other commitments, activities, or work.

A Rosey Time

Ask yourself or others to state a rose, thorn, and a bud to their week or day. A rose is something good that happened, a thorn is something negative that happened, and a bud is something to look forward too. It is a great way to reflect on your own day/week or to have a conversation with others about what they are experiencing.

Grab a Pen

Journaling is a great individual reflection exercise. Write any thoughts, negative or positive on the mind, as a way to clear the mind. Anything goes as long as you are reflecting and writing.