



# Mindfulness Techniques

## Centennial Counselor TIPS:

Take Care of Yourself - Physically & Emotionally

Reach Out For Support

We Are Here for You

### Self-Care ideas

#### MORNING:

- gratitude
- visualization
- coffee
- journal
- make up & hair
- dress well

#### DAILY:

- one task at a time (no multitasking)
- be mindful of what you are doing/try to enjoy the moments
- eat something healthy with each meal
- drink lots of water
- work out or stretch

#### NIGHTLY:

- shower
- skin care,
- comfy pjs
- get to bed early
- no screen time once in bed.
- gratitude for the 3 things
- visualize something you want

#### MOOD LIFTERS:

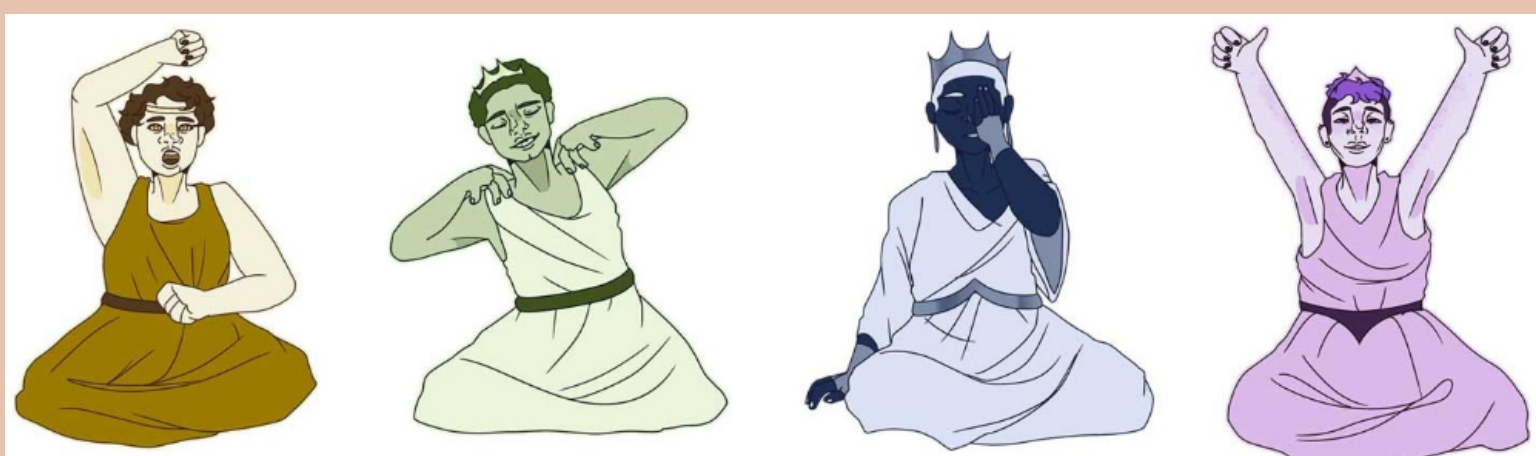
- stretching
- meditating : breathing in and out, while listening to a relaxing sound
- work out
- remember something you're grateful for

Keep Calm, to Carry On:  
[blog.calm.com/take-a-deep-breath](http://blog.calm.com/take-a-deep-breath)

30 Productive, Creative & Relaxing Ideas: [bit.ly/Self-Care-Ideas](http://bit.ly/Self-Care-Ideas)

From: [bit.ly/My\\_Self-Care](http://bit.ly/My_Self-Care)

Interactive Breathing: [bit.ly/GA\\_Breathe](http://bit.ly/GA_Breathe)



FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ☺