

QUICK + EASY MINDFULNESS GUIDE

CHARLOTTE
COUNSELING
& WELLNESS

(...for those who don't meditate!)

1. EYE PALM EXERCISE

This can be done right at your desk. Simply cover your eyes with your palms, blocking out all light, Rest your elbows on your desk, keeping your neck + back straight. Focus on clearing your mind, as your eyes cannot rest if your mind is not at rest. 10-15 minutes a day will reduce eye strain + fatigue from the daily toll of computer + phone screens.

2. NOTICE 3 THINGS

Look about your surroundings and simply focus your sight on 3 separate things. Now notice 3 things that you can hear. Let these details bring you closer to the living moment that you're in. Check out our blog for more: <http://bit.ly/2pHQpUs>

3. THINK OF A POSITIVE MEMORY

Spend a minute reflecting on a time when you felt happy, healthy + well.

4. LASER FOCUS

Put your phone in airplane mode. Turn off the wi-fi on your laptop. Allow yourself to focus on one single task for the next 30 minutes.

5. EAT A MINDFUL SNACK

Take time to savor your snack with all of your senses. Notice the color + texture.

Does it feel soft or is it sticky? What does it smell like? How is the taste? Does the flavor change from start to finish? Repeat with your second and final bite.