

5 WAYS TO BE MINDFUL

WITHOUT MEDITATING



WEATHER REPORTER

Look at your emotions and thoughts like the weather and you are the reporter. What will the sky look like, what color will it be? Will it be cold or warm? Will it be windy?

And remember, the rain doesn't change the sky. It is always there!



SENSES

5

Find 5 things you can see and look at them closely. Notice the texture. Imagine the weight.

4

Listen for 4 sounds and name them. Notice how they are different and similar

3

Feel 3 textures. Perhaps it's your sweater, your nails, the chair you are sitting on, your pen.

2

Identify 2 things you can smell. Describe the smell to yourself. Does it bring back memories?

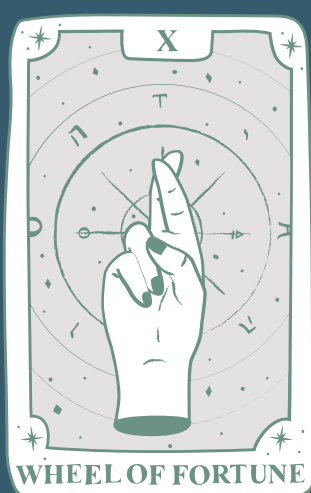
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Describe what your mouth currently tastes like. Is it sour? Sweet? Metallic?

SUSHI TRAIN



Consider multiple thoughts and emotions like dishes passing you by at a sushi restaurant. Each of the thoughts, ideas, memories that pass through your mind are like these dishes, and we can step back and watch the emotions with curiosity versus pushing them away.



FORTUNE TELLER

When uncertainty has become a distraction, try thinking like a fortune teller about what life would be like without uncertainty. How enjoyable would your life be if you knew every outcome or took no risks?

What parts of your life already have uncertainty without any issue, like meeting new people, watching a movie, or trying a new restaurant?

BODY SCAN

Rather than focusing on your breathing, take a moment to scan your body. Starting with the top of your head, just notice each part of your body. Is it heavy, warm? Relax each part of your body as you move along.

