

Mindfulness Skills



Look around and find one object for each color of the rainbow.



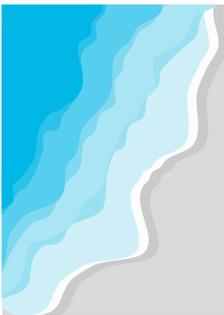
Name 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste.



Picture a peaceful place. Imagine that you are safe and relaxing there.



Squeeze and hold each muscle group, like fists, arms, or legs, then release.



Breathe in deeply through your nose for 5 seconds, hold for 5 seconds, then exhale with your mouth for 5 seconds while making a wave-like sound.