



MINDFULNESS

Aspire Living & Learning

5,4,3,2,1 SENSES

- 5, 4, 3, 2, 1 senses: To increase your awareness and ground yourself in the present moment, list five things you see, four things you hear, three things you feel, two things you smell, and one thing you taste.





STANDING LIKE A TREE

- Standing like a tree: Stand up and pretend your legs are the roots of a tree, reaching your arms up to be the branches. Start to sway side to side as if you are blowing in the wind. Notice that your legs don't move, keeping you grounded. Imagine yourself being a tree when the winds of life whip up. Be flexible yet grounded, like a strong tree weathers a storm.

RIGID BODY/RELAXED BODY

- Rigid body/relaxed body: Stand and tighten your body, assuming a rigid and stiff stance. Hold that pose for 10 seconds or more. Then, relax your body and assume a loose, flexible, and comfortable stance. Identify the different emotions and sensations that came up with each pose.



SPACESHIP



- Spaceship: Imagine you have a spaceship that can rocket you to your favorite place, real or imagined. Climb into your ship and count down from 10 to 1 and then blast off to your destination. Stay at your destination awhile and practice breathing, and then ride back home via your rocket ship or another means feeling relaxed and refreshed.

POSITIVE MEMORIES

- Positive memories: Remember a positive event from your life, and use your imagination to transport yourself back to that time and place. Play it in your mind as if it is a movie, and tune in to your senses to fully enter into the memory. Notice what emotions come up as you immerse yourself in the experience. Let this positive memory have an impact on you.

