

Mindfulness Hacks

- Wiggle your body
- Dance to your favorite song
- Touch your toes
- Reach for the sky
- Roll your neck
- Sit up straight
- Take three deep breaths at a stoplight
- Be in the shower, notice the smell of the shampoo.
- Drink a glass of water slowly.
- Check-in with your five senses: what do I see, hear, taste, smell, and feel?
- Feel your feet on the ground
- Balance on one foot
- Do one thing at a time.