

A MINDFUL MINUTE FOR HAPPINESS

Sit Comfortably.
Close Your Eyes.
And ...



1 BREATHE

Inhale deeply through your nose and exhale slowly through your mouth.

2 SEE

Open your eyes and count three things you can see.

3 LISTEN

Acknowledge three things you can hear in your surroundings.

TOUCH

4 Reach out around you and touch three things nearby.

CONTINUE TO BREATHE DEEPLY, RELAX AND ... SMILE

“Mindfulness is a way of befriending ourselves and our experience”

J o n K a b a t - Z i n n



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learn awesomely™