

# 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™