



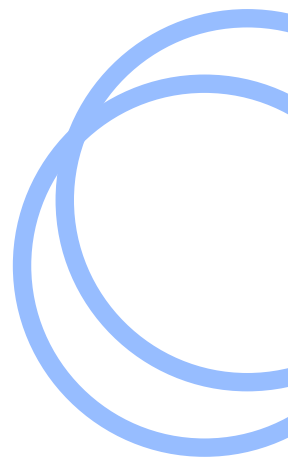
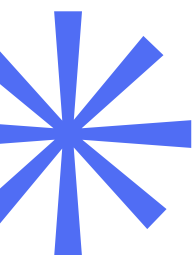
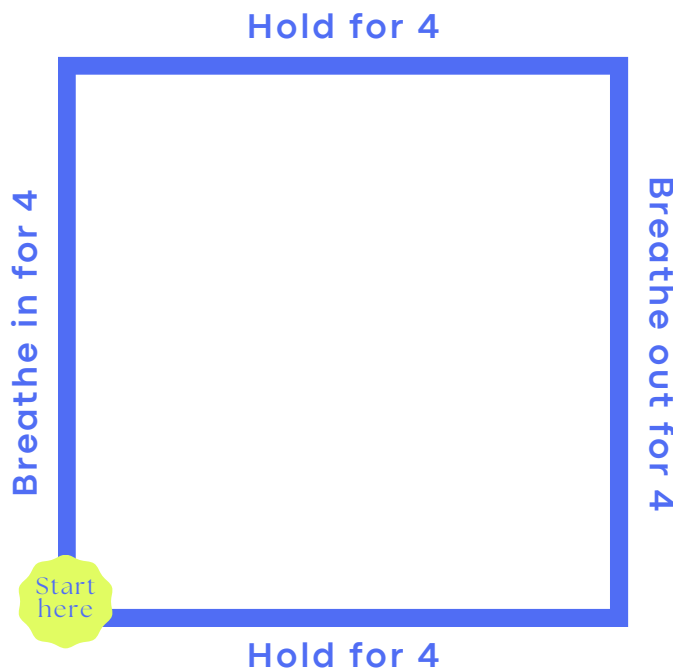
Josie's Top 5 Mindful Moment Practices

Body Scan

Notice where you are holding tension in your body and then intentionally release that tension while breathing steadily. Start in a comfortable position with your feet planted firmly on the ground. Beginning at your toes and working your way up, bring awareness to each body part, tense that body part up, and then release the tension with your exhale.

Trace your finger along the diagram below as you breathe. Step 1: Breathe in counting to four slowly. Feel the air enter your lungs. Step 2: Hold your breath for 4 seconds. Step 3: Slowly exhale through your mouth for 4 seconds. Step 4: Hold at the bottom of your breath for 4 seconds. Repeat.

Box Breathing



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Gratitude List

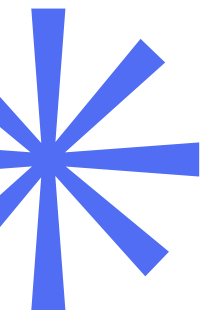
Write out or mentally list 5 things that you are grateful for and/or bring you joy. As you list them out, take a moment to visualize each briefly and reflect on why you are grateful for that thing and/or why it brings you joy.

Working backwards from 5, use your senses to list things you notice around you. For example, you might start by listing five things you hear, then four things you see, three things you can touch from where you are, two things you can smell, and one thing you can taste. There is no "right" order to do this!

5, 4, 3,
2, 1

Practice Self-Kindness

Repeat kind, compassionate phrases to yourself. Some examples include: "I'm doing the best I can with what I have in the current moment," "I am setting a great example to my colleagues, children, and partner by being kind to myself." Say these phrases, either aloud or in your head, as many times as you need.



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