

# 5 Useful Mindfulness EXERCISES

## MINDFUL HAND AWARENESS EXERCISE

Grasp your hands really tight and hold for a 5 to 10 seconds, then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.

## MENTAL FOCUS EXERCISE

Stare at any object and try to remain focused on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then just bring it back to the object. The longer you can remain focused, the more your mindfulness will increase.

## MUSICAL STIMULI EXERCISE

Listen to your favorite song and pay attention to how it makes you feel. What emotions stir?  
What memories come up, and how do those memories make you feel? Engage the emotions and see where they lead.

## UNDIVIDED ATTENTION EXERCISE

Do something around the house that you've never done before and do it with utter and undivided attention.

## FULL SENSORY AWARENESS EXERCISE

Wherever you are, just stop and look around when safe to do so. Become aware of everything that your senses pick up.  
How do you feel?  
Do you feel over-stimulated?  
Do you feel anxious?  
Make a mental note and keep observing without judgement.