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One Minute Mindfulness Activities

When things feel overwhelming, it can be hard to know what to do next. These simple activities give you a moment to pause, take a breath, and focus on what is happening around you. You don't have to make everything feel better right away—just give yourself a little space to slow down and find your next step.

- **Take 5 Slow Breaths**

- *Breathe in slowly & release.*

- **Practice 5-4-3-2-1 Grounding**

- *Notice 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, and 1 you can taste.*

- **Take A Mindful Drink**

- *Slowly drink water, tea, etc. & notice its temperature, taste, and texture..*

- **Stretch Your Body**

- *Stretch your shoulders, neck, arms, or legs & pay attention to how it feels.*

- **Write Down What You're Feeling**

- *Put a few words to paper, focus on what you are feeling.*

- **Get Some Fresh Air**

- *Take deep breaths, notice the temperature, sounds, and things around you.*

- **Notice Three "Good" Things**

- *Name three things that feel comforting or familiar in your immediate surrounding.*

- **Say Something Kind to Yourself**

- *Try a simple reminder such as, "I am doing the best I can" or "I can take this one moment at a time"*