

Thriving Through Mindfulness Activity

Mindfulness is the practice of being fully present in the moment, aware of where you are and what you're doing without being overly reactive or overwhelmed. By cultivating mindfulness, we can reduce stress, increase focus, and find more joy in our daily lives. This activity will help you get started on your mindfulness journey and explore ways to integrate it into your daily routine.



HOW TO GET STARTED:



Find a Quiet Space

Sit, stand, or lie down in a comfortable position. Adjust your posture and take a moment to focus on the present.



Focus on Your Breath

Close your eyes and take a few deep breaths. Breathe in slowly through your nose and out through your mouth. Notice how your breath feels as it moves in and out of your body.



Check in with Yourself

Notice your thoughts and emotions. Acknowledge them without judgment and let them pass as you shift your focus to your body.

If any thoughts or worries arise while you focus on your breathing, gently return your attention to your breath and how it feels in your body.



Start Small

Begin with just 5 minutes of mindfulness practice a day and gradually increase the time as you feel more comfortable.

BENEFITS OF PRACTICING MINDFULNESS:

- ✓ **Lowers Blood Pressure:** Reduces blood pressure, heart rate, and slows breathing.
- ✓ **Improves Sleep:** Promotes better sleep and helps reduce physical pain.
- ✓ **Reduces Anxiety and Stress:** Decreases feelings of anxiety and depression while reducing overall stress.
- ✓ **Boosts Concentration:** Increases attention span and improves focus.



BUILDING CONNECTIONS

Share this activity with a friend or family member. You can count for them or they can count for you, building trust and connection through shared mindfulness.

To learn more about the mental health, addiction or community support services available to you, contact **211 Manitoba** by phone at **211** or visit their website at **www.mb.211.ca** for confidential service 24/7.



5-Day Activity Tracker

Track Your Progress: Use the space below to practice mindfulness. Here is an exercise you can use to focus your mind on the present. Use the tracker below to reflect on the impact it has on your mood and well-being.

1 Begin with an Exhale

Exhale fully through your mouth.

2 Inhale for Four Counts

Slowly inhale through your nose for a count of four. Count in your head at a comfortable pace.

3 Hold for Seven Counts

Hold your breath for seven counts. Notice how it feels in your chest and body.

4 Exhale for Eight Counts

Exhale completely through your mouth, counting to eight. You might find it helpful to make a whooshing sound as you exhale. Observe the sensations in your chest, throat, and mouth.

5 Repeat the Cycle

Complete at least three cycles. You can do more if you like, but try to focus on how each step feels in your body.



TRIANGLE TRACING

Use the provided triangle diagram and trace it with your finger as you breathe. Notice how the paper feels and the movement of your hand as you trace.

Breathe in for a count of four (4).

Breathe out for a count of eight (8).

Hold for a count of seven (7).

DAY	DURATION	HOW I FELT BEFORE	HOW I FELT AFTER	REFLECTION
1				
2				
3				
4				
5				

