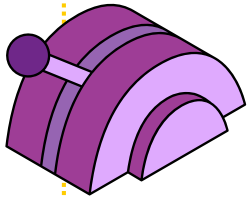


# Mindfulness activities



## Deep breathing



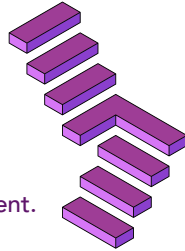
- Focus on your breath: Inhale deeply through your nose, hold for a few seconds, then exhale slowly.
- Try the 4-7-8 technique: Inhale for 4 seconds, hold for 7, and exhale for 8.
- This helps centre your mind and calm your body.

## Body scan meditation

- Sit or lie down and slowly bring your attention to each part of your body, from your toes to your head.
- Notice sensations, tension, or relaxation in each area.
- This helps you stay in tune with your body and release built-up stress.

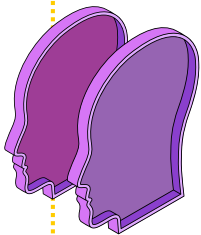
## Mindful eating and walking

- Slow down and pay full attention to the food you're eating.
- Notice the textures, flavours, and colours of each bite.
- Eating mindfully helps you savour your food and be more present in the moment.



- Take a slow, quiet walk, focusing on each step.
- Feel the ground under your feet, notice the air around you, and observe the sights and sounds.
- This practice can ground you and bring clarity to your mind.

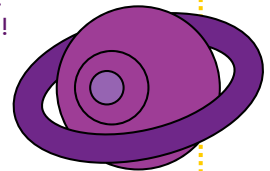
## Grounding techniques



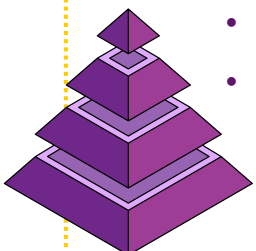
- Try the 5-4-3-2-1 technique: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- This practice is helpful if you're feeling overwhelmed or anxious, bringing you back to the present moment.

## Mindful journalling

- Spend 5-10 minutes each day writing down your thoughts and feelings without judgement.
- Use the YourCrew online journal! Journalling helps process emotions and gives clarity to your thoughts.



## Gratitude practice



- Take a moment each day to write down three things you're grateful for.
- It could be anything – big or small – that brought you joy or peace. Practising gratitude regularly shifts your mindset towards positivity.

## Where to find more resources

- Smiling Mind (free mindfulness app) : [smilingmind.com.au](http://smilingmind.com.au)
- Mindfulness Meditation Australia for classes and tips: [mindfulmeditationaustralia.org.au](http://mindfulmeditationaustralia.org.au)

