

Wellness WEDNESDAY



Mindfulness Exercises:

- **Mindful Breathing:** Focus on your breath, count your breaths, and be aware of your breath going in and out.
- **Gratitude Practice:** Take a few moments to think of something that you are grateful for and really let the feeling of gratitude sink in.
- **Positive Affirmations:** Take time to repeat positive affirmations to yourself, such as “I am capable of achieving my goals” or “I am strong and capable.”
- **Meditation:** Take time to sit in stillness and focus on your breath or repeat a mantra to yourself.
- **Observe your thoughts and emotions:** Notice your thoughts and emotions without judgment and be aware of how they are impacting you.
- **Mindful Eating:** Take your time to enjoy each bite of food and really savor the flavor and texture.

