

## Mindfulness Core Skills Practice Worksheet

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment through a gentle, nurturing lens. Following are some of the exercises that you can learn to practice mindfulness.

**Do the following by using your 5 senses.**

Observe	Describe	Participate
Start simply noticing your environment, thoughts, feelings, and sensations without reacting to them	Now that you have observed, use <i>words</i> to practice describing your internal experience	With practice, mindfulness will allow you to more fully participate in your own life and experiences

**Pay close attention to the input you receive from all 5 senses: sight, sound, touch, smell, and taste.**

Senses	Observe	Describe	Participate
<b>Hearing</b>			
<b>Vision</b>			
<b>Touch</b>			
<b>Taste</b>			
<b>Smell</b>			

### **B**ody **S**can:

- Sit with your legs uncrossed, good posture, and put your hands on your thighs.
- Bring the focus on your body.
- Notice the warmth and sensations in your body and give attention to the minute tingling sensations in your body.

- Close your eyes. Take a deep breath through your nose into your abdomen for five seconds (your chest should move just a bit). Notice this feeling; the objective is not to relax; instead, shift your focus towards your body.
- Now focus on your head, shoulders, face, Stomach, Thighs, and legs. Feel every inch of the sensation that goes through your body.
- Keep moving slowly and keep your focus intact.
- Now stretch your muscles one by one starting from your fingers to toes, every finger while focusing on the feelings.
- Slowly and gradually practice this for 3-4 minutes.
- Now open your eyes gradually.