Care for Your Mind

Try starting your own mindfulness practice

Did you know...

A consistent mindfulness practice can increase gray matter in areas of the brain that make you more attentive, less stressed & optimistic. It can also improve heart health, immune response, reduces inflammation, & protect against cognitive decline.

- Zanesco, 2018

For more resources please visit doingwell.mit.edu
Take a moment to ground yourself with this sense scan exercise:

**Step 1:** In a comfortable seat, sit upright & close your eyes

**Step 2:** Take 3 deep breaths & imagine the air entering & exiting your lungs

**Step 3:** Choose a sense to focus on

- Notice how your fingertips feel when you rub them together or the temperature of your skin
- Pay attention to the different smells near you or even the lack of smell. What is standing out?
- Notice sounds outside of your immediate area like a distant car, a plane, or birds? Try closer with the sound of your breathing
- Scan the room & notice any colors, textures, or objects around you. Don’t label what you’re seeing, just notice
- Notice if you taste anything like remnants of your toothpaste or coffee? Maybe a lack of taste?

**Step 4:** With your eyes closed, bring your awareness back to your mind. Notice any thoughts that come & then let them go like a bird. Take 3 deep breaths & gently open your eyes

*Repeat this exercise as many times as needed & experiment with different senses each time*