



## 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](http://doingwell.mit.edu)

**doingWELL**  
discover what works for you

## 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***