

5 Minute Mindfulness – Recharge & Reset

Instructions: Use this exercise to quickly ground yourself in the present when you only have a moment. The goal is to notice something that you are currently experiencing through each of your senses. Sit comfortably with your feet planted on the ground and breath. Don't worry about technique, just allow relaxing breaths to enter deeply and exhale fully.



What are 5 things you can see? Look around you and notice 5 things you hadn't noticed before. Maybe a pattern on a wall, light reflecting from a surface, or a knick-knack in the corner of a room.



What are 4 things you can feel? Maybe you can feel the pressure of your feet on the floor, your shirt resting on your shoulders. Pick up an object, notice its texture.



What are 3 things you can hear? Notice all the background sounds you had been filtering out, such as an air-conditioner, birds chirping, or cars on a distant road.



What are 2 things you can smell? Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be a nice smell either: maybe there's an overflowing trash can or sewer.



What is 1 thing you can taste? Pop a piece of gum in your mouth, sip a drink, eat a snack if you have one, or simply notice how your mouth tastes. "Taste" the air to see how it feels on your tongue.

Instructions: Use the following exercise to practice the habit of questioning your default interpretations of your experiences and replacing them with more flexible, realistic thoughts.

This exercise is best done on paper, at least at first. If you do it enough, you'll begin to change your default way of interpreting and assigning meaning to difficult situations.

1. **Pause.** Any time you find yourself surprisingly upset, pause and say, "Okay, what's really going on here?"
2. **Identify the trigger.** Ask yourself: What happened initially to set me off in becoming upset? Was it something someone else said or did? Was it a thought or memory that randomly crossed my mind?
3. **Notice your automatic thoughts.** What thoughts and interpretations of the trigger crossed your mind immediately? How did you talk to yourself about what happened?
4. **Identify and rate your emotion.** Notice how you're feeling emotionally. What is the strongest emotion present? On a scale from 1-10, how strong is it right now?
5. **Generate alternative thoughts.** How else might you interpret what happened? What else may be going on that you may have missed? How would a third-party see it?
6. **Re-rate your emotion.** Having generated some new, likely more realistic alternative thoughts, check back in with how you feel. Re-rate that same emotion from Step 4.

Source: How to be more resilient in everyday life. N. Wynall, positivelypositive.com