

# WITH ME **iN** MIND

## Anxiety

### Mindfulness



Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.



Close your eyes and spend 1 minute thinking about the happiest day of your life. Try to remember as much about the day as you can.



Sit very still and notice one thing that you can hear, feel, taste and smell.



Close your eyes and think about how you are feeling Happy? Sad? Mad? Scared? Something else? Think about how you know you are feeling this way.



Close your eyes and sit quietly. Notice the way that your clothes feel on your body. Notice your shirt, trousers and shoes. Do you notice anything you didn't notice before?



Sit quietly and place a small object in your hand. A pencil, eraser or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object