

MIDNIGHT BREAKFAST

# Mindfulness

## RESET

Use these mindfulness techniques to stay focused during finals.

### Five tactics



#### Slow down your meals

- Eat slowly and savor each bite
- Focus on flavors, textures, and sensations



#### Deep breathing

- Box breathing is a great way to get the nervous system under control
- Inhale deeply for 4 counts
- Hold for 4 counts
- Exhale slowly for 4 counts



#### Practice meditation

- Focus on breath and relaxation
- Use apps or online resources for guided sessions



#### Scan your body

- Focus on each body part from head to toe
- Notice any tension and relax consciously



#### Take a walk

- Walk slowly and pay attention to each step
- Notice sensations in your feet and surroundings

### Five minutes of gratitude

What is something you learned today?

Describe today with a doodle.

3 things you are grateful for.

Highlight of today.