

# Take a Mindful Moment



Think of three things that you are grateful for. Try this every day, wherever you are! You can write them down or just think in the here and now.



Take a look at our Wellbeing Activities for lots more to keep you busy through the coming months!

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/)



Connect with your senses - one at a time:

- listen to a bird
- notice colours of leaves
- touch the bark of a tree
- smell the fresh air
- taste (take a picnic!)



Place your feet on the ground. Imagine you have roots like a tree, going deep into the earth, helping to keep you strong with a solid foundation.



Writing can be therapeutic and help you connect with others. Write a letter to someone you care out; compose a poem or verse.



Getting lost in a good book can help to calm the mind. Ask a friend to recommend something. Find a quiet place, and try to read without distraction.



Engage your senses and notice how sounds, smells, colours and textures change with the weather.



Take a notebook and pens, pencils/paints. Doodle, sketch, paint or draw! Try to focus on this alone, notice how you feel.



Appreciation for others can help you feel more positive about the people around you. Spend a moment thinking about someone who has been kind to you.



Sit quietly and notice your breath. Breathing in through your nose, and out through your mouth. Try to make the 'out' breath longer than the 'in' breath.



Stay in the moment - if you are walking, think about how your body feels, notice the sound of your footsteps, look around and appreciate what you see.



Find a quiet place to sit. As thoughts drift into your mind, acknowledge them and let them pass, do not dwell on them. Focus on your breath for a few minutes of calm.

You can find lots more resources, tips and activities on our website [www.bathmind.org.uk/advice-and-support/wellbeing-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/)