

SPA Practice

Being Mindful is...Being in the present moment and tuning into your senses. Observe your feelings in the moment without judgment. REPEAT.

Slow Down

- Set your alarm to go off at specific time.
- Take a conscious breath and move slower.
- Place your hands in the center of your chest and say, I am here now.

Pay Attention

- What do you see, smell, hear, feel, taste, touch and sense?
- How are you feeling in this moment?
- Name your emotion(s) and be with them in that moment.

Appreciate Now

- What can you be grateful right now?
 - How do you feel when you appreciate the moment?
- Say out loud – I am grateful for _____.