

take  
10

- stretch 
- walk 
- strength 
- mindfulness 
- kindness 



# Mindfulness Activity Guide

## Directions

- + Take time to pay attention to your present moment experience with an attitude of openness and curiosity using the tools provided below.

## Benefits

- + Greater stress resilience.
- + Reduced anxiety and depression.
- + Improved focus.
- + Stronger immune system.
- + Less reactive behavior.
- + Helps to start new habits and let old ones go.



## Bringing Mindfulness Into Your Day

**+** **Pause and check in.** Take a few breaths to notice what's going on around you.

**+** **Be Curious.** Let go of all judgements and expectations.

**+** **Connect.** Drop your agenda when listening to others.

**+** **Focus.** Reduce distractions and multi-tasking.

**+** **Use Your Senses.** Stop to notice how things look, feel, sound, smell, and taste.

**+** **Be Kind.** Practice patience, kindness and generosity – to others and yourself.

**+** **Meditation.** Ten minutes a day is a great way to try it out. Ten minute audio sessions are located on the next page.



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## Meditation Audio # 1

<https://health.uconn.edu/wellness-center/take-10-meditation-1/>

## Meditation Audio # 2

<https://health.uconn.edu/wellness-center/take-10-meditation-2/>