

# Take a Moment for YOU



**NewPath**  
Child & Family Solutions

# life hacks

## GROUNDED WITH YOUR FIVE SENSES

What are...

5

things you can see



Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

4

things you can touch



Acknowledge FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

3

things you can hear



Acknowledge THREE things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

2

things you can smell



Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

1

thing you can taste



Acknowledge ONE thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

## Keep Calm

Anxiety is something most of us have experienced at least once in our life. Public speaking, performance reviews, and new job responsibilities are just some of the work-related situations that can cause even the calmest person to feel a little stressed.

This five-step exercise can be very helpful during periods of anxiety or panic by helping to ground you, your child, or a loved one in the present when your mind is bouncing around between various anxious thoughts.



## Did You Know?

Holding something cold forces us out of our head (stops ruminative, racing thoughts that are anxiety-driven) and into the moment (where your entire attention is on your hands), giving your brain a break from whatever stress you are swept up in.

TRY IT: Try holding an ice cube when you're feeling anxious!

# remember to breathe

## 5 Finger Breathing

*An easy breathing technique for kids and adults*

BREATHE  
OUT

BREATHE  
IN

**START  
HERE**

*Trace with your  
finger as you slowly  
take deep breaths  
in and out.*

**END  
HERE**

## 5 Mindful Practices

(that are easy to do everyday)

**1** **Go for a walk around the block**  
On your daily walk take in as much beauty as you can. Take a moment to appreciate your body without judgement.

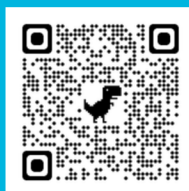
**2** **Breathing exercises**  
Breathe in for 4 seconds while you focus on the word: peace. Breathe out for 4 seconds while you mentally release the worry you've been holding onto.

**3** **Daily yoga app**  
Yoga doesn't have to be about exercise. It can be about pain relief and taking a moment to center yourself. Give it a try with one of the many free apps!

**4** **Record yourself a message**  
It may surprise you how easy it is to keep your intentions strong when you leave yourself a reminder of WHY you set them.

**5** **Gratitude list**  
Write down just 5 things a day you are grateful for. Positive reinforcement is healthy for your brain!

*Positive reinforcement feels good, so it causes the brain to release dopamine. This triggers the reward pathway and the neural pathway for the behavior/action/thought. When both pathways are triggered together, it strengthens them even more. This is why positive reinforcement works*



FOR MORE TIPS VISIT:  
[newpath.org/mindfulness](https://newpath.org/mindfulness)

# Mindful Minute

Take a moment to take care of yourself with a mindful moment for mental wellness!



## NewPath

Child & Family Solutions

5400 Edalbert Drive  
Cincinnati, OH 45239

NON-PROFIT ORG  
U.S. POSTAGE

PAID

CINCINNATI, OHIO  
PERMIT NO. 646



funded by

Ohio

MHAS

Promoting wellness and recovery

[newpath.org/mindfulness](http://newpath.org/mindfulness)

# Take a Minute for YOU



## NewPath

Child & Family Solutions