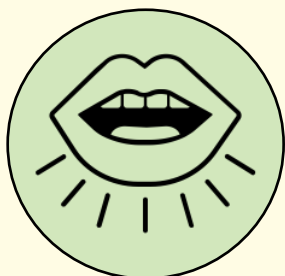


# Mindful Senses



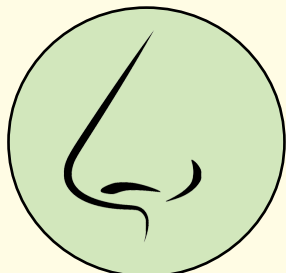
Speak gratitude and positive affirmations to yourself and to others.

Eat slowly to savor the textures and tastes of your food.



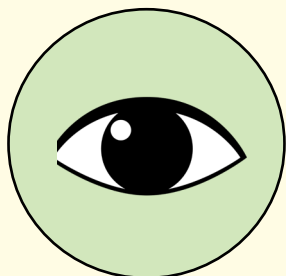
Be present in conversations and practice listening to learn not to respond.

Mute distracting noises like your phone or computer & relax to your favorite music or background sounds.



Focus on slowly breathing in and out. Feel the flow of air as it fills and leaves your nose.

Be mindful of aromas in nature and your surroundings. Take notice of how each affects your mood and senses.



Pay attention to your environment, taking time to appreciate the beauty around you.

Try looking at objects in your view without judgement. Focus on how they look as opposed to how they make you feel.



Take a barefoot walk in the backyard. Feel the sensations of the grass and the firmness of the ground beneath your feet.

Indulge in a cool shower or swim in the pool. Allow the sensations of cool and warm blending to invigorate your skin.

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<https://pennymolinario.wixsite.com/mind-fully>



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