



Mindfulness in Moments

Where science meets heart in your journey to authentic wellbeing

Mindfulness isn't emptying your mind or sitting in silence for hours. It's simply about being present, noticing what's happening right now without judgment. Here are three practices you can use anywhere, anytime.

1. The 5-4-3-2-1 Ground

Best for: Anxiety, overwhelm, or feeling disconnected

Pause wherever you are. Notice and name:

- 5 things you can see
- 4 things you can touch or feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This gently brings your attention back to the present moment and your body.

2. The 4-7-8 Breath

Best for: Stress, racing thoughts, or winding down before sleep

- Breathe in** through your nose for **4 counts**
- Hold** gently for **7 counts**
- Breathe out** slowly through your mouth for **8 counts**

Repeat 3-4 times. The extended exhale activates your parasympathetic nervous system, your body's natural calm mode.

3. The 60-Second Body Scan

Best for: Tension, checking in with yourself, transitions between tasks

Close your eyes if comfortable. Starting from the top of your head, slowly move your attention down through your body. From the forehead, jaw, shoulders, chest, stomach, hands, legs, and feet.

Don't try to change anything. Just notice: Where am I holding tension? What does my body need right now?

Remember: Mindfulness is a practice, not a performance. Your mind will wander, and that's completely normal. The practice is simply noticing and gently returning.