

## Calming Tip - “Mindful Minute”

Close your eyes or keep them open focusing your attention on a spot in the room.

### Step 1:

Deeply listen (you can focus on hearing through your ears -this will quiet your mind) to the noises that are outside the room you are currently in. Do this for about 10-15 seconds (or more if it feels good).

### Step 2:

Then, shift your attention to the sounds within the room you are in. Focus on listening through your ears. Do this for about 10-15 seconds (or more if it feels good).

### Step 3:

Then, shift your attention to the sounds within your body. Focus your attention on listening to your body. Do this for about 10-15 seconds (or more if it feels good).

When you are ready, bring your attention back to the room you are in, feel your body connecting to what you are sitting on and take your time going into your next activity.

## Apps for calming and presence

- Stop, Breathe, Think
- Insight Timer
- Calm
- Headspace