

# mindfulness to calm your thoughts

Just like your muscles need attention, your mind does too. Carving out time for positivity and mindfulness can help calm your thoughts, relax your nerves, and improve your outlook.

*We've got great news: It's easier than you think.*

**Start with the 4-7-8 breathing technique**

inhale for 4 seconds

hold your breath for 7 seconds

exhale slowly for 8 seconds

{repeat 3x}

List 3 songs that always make you smile. Put in your earbuds and dance to those tunes.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Find an inspirational quote and make it your phone's wallpaper. Write the quote below.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write down the name of someone important to you and list some reasons you appreciate them.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Go for a walk and listen to the sounds around you. Return here and list all that you heard that you usually ignore.

\_\_\_\_\_

\_\_\_\_\_