



Personal Activity: Connect with Something You Enjoy

Choose one that feels good to you.

Some examples:

Gardening

Being out in nature and tending to your garden is peaceful and rewarding. Try being extra mindful with these tips:

- Feel the soil or water in your bare hands.
- Focus on the colors, textures, and smells around you.
- Pull weeds, plant something, or just water.
- Talk to your plants or flowers and connect with them. Notice how your body feels as you move and breathe.



Listening to Music

- Put on headphones or play music out loud.
- Choose something that matches your mood or helps calm you.
- For energy, dance or clean the house to your favorite tunes. For calmness, sit or lie down comfortably and focus on your breathing.
- Really tune in to the joy or any other emotion the music brings. It can affect you on a cellular level.



Walking

- Step outside or walk around indoors, or on a treadmill.
- Focus on the feeling of your feet touching the ground.
- Breathe slowly and take in your surroundings.
- Try to notice 3 things you can see, 3 you can hear, and 3 you can feel.
- Walk for at least 10 minutes if you can.

