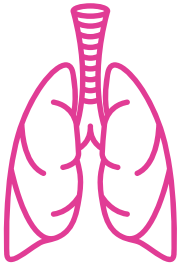


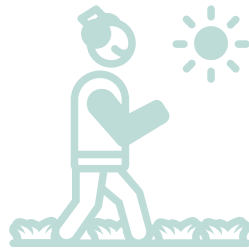
4 Ways To Practice Mindfulness

Family Therapy Center of Bethesda



1

Observe your breathing. Take a few quiet moments to simply breathe and only pay attention to your breath.



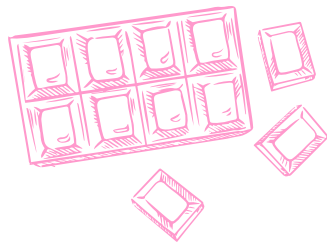
2

Take a nature walk. Pay attention to the sights, sounds, feelings, and scents of the nature around you.



3

Use a mindfulness app! Some examples are: Calm, Headspace, Smiling Mind, and Insight timer.



4

Practice mindfulness by eating chocolate! Allow a piece of chocolate to melt in your mouth, and pay attention to the sensations associated with it (smell, taste, feeling).