



# Mindfulness Tips

During this time of chaos and isolation it is important to practice mindfulness to relieve the effects of stress. Mindfulness is the opposite of multi-tasking and involves using your senses to be aware of what is happening inside and around you. Mindfulness is awareness without judgment, and simply being in the moment completely. Practicing daily mindfulness can help you to focus, relax, and allow you to be more in control of your mind and emotions. Below are some examples of how you can incorporate mindfulness into your daily experience just by using the six senses.

**SIGHT** Look at nature, pictures, art, or the room in which you are in. Notice the colors, shapes, textures, objects, details and other often missed details. Merely observe, without judgment.

**LISTEN** Close your eyes and notice the sounds that you hear in nature or in your home. Play some music. See if you can identify the different instruments, beats, and other variables.

**SMELL** Involve family members or alone, using just your nose, see if you can identify people, food, and objects in your home. Take time to notice and observe how each smell is different.

**TASTE** Place a piece of candy, fruit, or other desired food in your mouth and let it linger. See how long you can chew and/or allow the food to dissolve in your mouth, noticing how the taste changes as it lingers.

**FEEL** Scan your body, head to toe, observe and notice the sensations you are experiencing inside your body and out.

**MOVE** Allow your body to move freely, dance, swing, sway, stretch, shake, and let go!

*These are just a few examples. Using your senses, you can be mindful when you are engaged in just about any activity; eating, washing your hands, doing chores, and even when you are alone in your room. Just remember to engage all your senses!*



Integrated Behavioral Health  
[www.myfch.org](http://www.myfch.org) (402) 759-3192

# GRATITUDE

---

Viktor E. Frankl in his book “Man’s Search for Meaning” said, “Everything can be taken from a man but one thing: -the last of the human freedom- to choose one’s attitude in any given set of circumstances, to choose one’s own way.” While living in the midst of COVID-19 can seem unbearable, it still can’t compare to Frankl’s experience in a Nazi death camp; however, we can learn from his lessons of survival and focus on choosing our attitude in the midst of the chaos all around us. How do we do this? One way is to focus our attention on gratitude. Multiple studies have shown a relationship between gratitude and happiness. By focusing on what we are grateful for we can choose to be happy, regardless of our circumstances.

Some practical ways to incorporate gratitude in your everyday experience is to keep a list of things you are grateful for. Post the list somewhere in your home where everyone can contribute such as on the refrigerator or on the bathroom mirror. See how many different things you can find to be grateful for.

Another way to challenge your family is to assign a letter of the alphabet for each day and see how many things beginning with the letter of the day each family member can find to be grateful for. The more specific the gratitude the more likely you will discover just how much we all have to be grateful for.

**For more information on the relationship between gratitude and happiness check out the links below:**

<https://positivepsychology.com/gratitude-happiness-research/>

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://psychcentral.com/blog/the-relationship-between-happiness-and-gratitude/>



Integrated Behavioral Health  
[www.myfch.org](http://www.myfch.org) (402) 759-3192



HOW TO CARE FOR YOURSELF WHILE PRACTICING

# PHYSICAL DISTANCING



## EAT HEALTHFULLY

to keep your body in top working order.



## EXERCISE

Workout at home or take a solo jog around the neighborhood.



## PRACTICE RELAXATION THERAPY

Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.



## LET LIGHT IN

Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.



## BE KIND TO YOURSELF

Treat yourself with the same compassion you would a friend.



## STAY CONNECTED

Stay connected to loved ones with phone calls, text messages, video chats and social media.



## MONITOR MEDIA CONSUMPTION

Balance media consumption with other activities you enjoy.



MENTAL  
HEALTH  
FIRST AID

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH

LEARN MORE AT [MHFA.ORG](https://mhfa.org)

\*Information provided in the Mental Health First Aid curriculum.  
\*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.