

CROWN



## Star Breathing Break

The star breathing break is just one way to perform mindful breathing. This would be a good exercise when you need to slow down and a mental reset.

Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you have gone around the whole star.



# 5-4-3-2-1 Journal Exercise

This exercise is a tangible way to ground yourself in the present moment. Focus and write down 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste. This exercise can help reconnect you to all your senses and end racing thoughts.



5 things you can see

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



4 things you can hear

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



3 things you can feel

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



2 things you can smell

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



1 thing you can taste

1. \_\_\_\_\_

# RAIN Exercise

This exercise will help you focus on the present and cope with uncomfortable thoughts and emotions. Remember the goal is to do this exercise without judgement.

**R**ecognize – recognize your thoughts, feelings, and physical sensations. Notice your feelings and say them out loud or silently to yourself. This can help take the feelings power away.

**A**llow – let your feelings come and go as they are and do so without any judgement. Reassure yourself it is okay to feel however you are feeling.

**I**nvestigate – explore the feeling with kindness. How does it feel in your body? What type of thoughts does this emotion cause you to think about? Is it making you tense up or feel badly at all?

**N**on-identify – Know this emotion is not who you are. It is a feeling that will go away with time.

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## Mindful Walking

This exercise is a mind break while expending some energy. Try to spend at least 5 minutes to mindfully walk each day. You can even combine the mindful walking with the 5-4-3-2-1 exercise.

1. Walk at a slower pace and pay close attention to the physical sensations of walking, the sights, sounds, and feelings of each step.
  - How does the ground feel under your feet?
  - How do your arms move?
  - What sights and sounds are around you?
2. If your mind wanders gently return your focus by repeating “left, right, left, right” as you step.