

## Mindfulness Exercises

1. Observing Your Breath Exercise
  - Have clients focus on something in the room. While they are doing this, have them become mindful of their breath. Tell them to count their breath. Breath in, that's one. Breath out, that's two. Breath in, that's three. Breath out, that's four and so on. Have them go all the way to ten and then start back at one. Tell your clients that if a thought, urge, distraction, etc. comes into their mind, just notice it and turn their mind back to counting their breath. If they lose count, start back at one. If they count over ten, just notice that and return their mind back one.
2. Letter of Validation
  - Have clients get a piece of paper and something to write with. Direct them to address the letter to themselves and have them write a letter of validation. Have clients read their letters out loud. Pass out envelopes and have the clients write their names and address on them. Collect the envelopes and mail them to your clients when they are struggling or feeling down.
3. My Defining Moment
  - Have clients get a piece of paper and something to write with. Each client should write about an event that was their defining moment in their life. It is a moment that has shaped them to be who they are and how they look at life now.
4. Letter of Appreciation
  - Have clients get a piece of paper and something to write with. Each client should write a letter of appreciation to someone in the life now or in the past who has made a big impact on him or her. Tell your clients to write about how this person has influenced them.
5. Describe Mindfully
  - Bring different objects to group. Place one object at a time on the table and have clients DESCRIBE the object by using only the facts! Be mindful to clients who assume or judge. Get them to describe the objects by using only what they do know and nothing more.
6. Walking Mindfully
  - Have clients stand up and get in a single file line. Have them focus solely on each step as they walk around the room. Be mindful to the feelings they get on the bottom of their feet. If they lose track of their step, tell them to stop and turn their mind back to their step before they continue to walk. Be mindful to all the thoughts that come in, but don't get stuck on them. Turn the mind back to your step.