



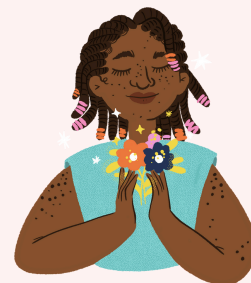
August 2024

Mindfulness and Meditation

www.rivergrovetherapy.com | 301-941-7086

Rooted at the river. A place to grow. A place to heal.

Practicing **Mindfulness & Meditation** can help reduce stress, increase self-awareness, improve focus, boost emotional well-being, and promote better sleep!



Mindfulness involves being fully present in the moment, being aware of your thoughts, feelings, & surroundings without judgement. Some ways to practice this include –

- **Focusing on your breath:** Focus on the air entering and leaving your nose, observe how you are feeling in this moment.
- **Using a Mindfulness Journal -**
 - **Daily Reflections:** Write down your thoughts/feelings at the end of every day to reflect on your experiences.
 - **Gratitude Lists:** Write 3 things you are grateful for each day to shift your focus to positive aspects of your life.

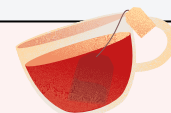
Drinking tea can help enhance Mindfulness & Meditation.

Mandarin Mint -
Mindfulness

Sweet Tangerine -
Positive Energy

Honey Lavender - Stress
Relief & Relaxation

Please also take a
Mindfulness Journal &
pen with you!



Meditation involves focusing your mind on a particular thought or activity to improve attention and awareness.

Some ways include –

- **Guided Meditation:** Use a guided meditation app or video (ex: the *Great Meditation Channel* on youtube). Fully immerse yourself in the experience.
- **– Meditation Journaling**
 - **Session Reflections:** After each meditation session, write about your experience. Note any thoughts/emotions that came up and how you felt before/after the session.
 - **Progress Tracking:** Keep track of how often you meditate and any changes you notice in your mental/emotional well-being.

