

PRACTICE MINDFULNESS

BUBBLE



MEDITATION

*This week's Nook activity is here!*

Stop by OHP (Sayles 161) to pick  
up a bubble bottle and guide!

# WHY PRACTICE MINDFUL BREATHING?

Mindfulness centers around being present in the moment, aware of how your mind and body feel, and acknowledging your thoughts without judgment. Want to give it a try? Blowing bubbles is a fun and easy way to do so!

Mindful breathing can help to:

- Reduce anxiety and stress
- Relieve pain
- Increase alertness
- Boost immune system
- Regulate emotions

# PRACTICE BUBBLE BREATHING

Activity Guide

1

Open your bubble bottle and remove the bubble wand.

2

Take a deep breath and hold it for a moment.

3

Breathe out slowly through the bubble wand, blowing the bubbles. Pay attention to your exhale and bubbles it creates.

4

Imagine the bubbles as stressors or anxieties that float away with each breath.

5

Repeat!



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