PRACTICE MINDFULNESS



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

Alderman, L. (2016, November 9). Breathe. exhale. repeat: The benefits of controlled breathing. The New York Times. Retrieved November 3, 2021, from https://www.nytimes.com/2016/11/09/well/mind/breathe-exhale-repeat-the-benefits-of-controlled-breathing.html.

Laderer, A. (2020, June 22). How to practice mindful breathing and the proven benefits that it offers. Insider. Retrieved November 3, 2021, from https://www.insider.com/why-is-mindful-breathing-important.

PRACTICE BUBBLE BREATHING

Activity Guide

- Open your bubble bottle and remove the bubble wand.
- Take a deep breath and hold it for a moment.
- Breath out slowly through the bubble wand, blowing the bubbles. Pay attention to your exhale and bubbles it creates.
- Imagine the bubbles as stressors or anxieties that float away with each breath.
- Repeat!

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