

# FIVE WAYS TO BE MINDFUL FOR PEOPLE WHO HATE MINDFULNESS

*Start Small:* Take just one minute to focus on your breathing. It's like a mini-vacation for your mind.

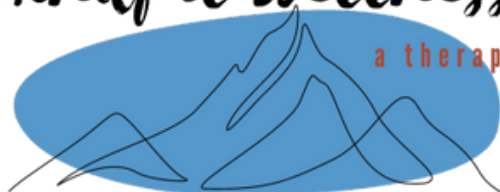
*Mindful Eating:* Savor your next meal. Notice the flavors, textures, and aromas. It's mindfulness you can taste.

*Tech Timeout:* Set a daily reminder to unplug for five minutes. Use this time to stretch, breathe, or simply be.

*Gratitude List:* Write down three things you're grateful for each day. It's a simple way to shift your focus and elevate your mood.

*Nature Walks:* Take a stroll outside and pay attention to the sights and sounds around you. It's mindfulness on the go.

*Mindful Wellness*



a therapeutic resource...  
with a little bit  
of cussing

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