



10-Minute Mindfulness Practices

These 10-minute mindfulness practices can be easily incorporated into your daily routine, even during busy days, to help you shift your mindset towards a more positive and centered state of being. Find one or two that work for you and practice it consistently for two weeks.

- **Mindful Breathing:** Take three minutes to focus on your breath. Inhale deeply for four seconds, hold for four seconds, exhale slowly for four seconds, and hold for four seconds. Pay attention to the sensation of each breath to calm your mind. Notice how the breath feels as it flows in and out. Resume a natural breath while staying mindful and just sit with it for the remaining seven minutes.
- **Body Scan:** Spend 10 minutes scanning your body from head to toe. Find a comfortable seat or lay down, and start from your head and move down towards your toes. Notice any areas of tension or discomfort without judgment and consciously relax them. As you move down your body, say the body part out loud as you place your focus on it. Ex: “arm; belly; thigh.”
- **Gratitude List:** Spend 10 minutes writing a gratitude list. Your list might look the same every day or not. This can help you cultivate a positive and thankful mindset. Gratitude is the highest vibration you can be in. You can't feel like a victim and be grateful at the same time.
- **Meditation:** Dedicate 10 minutes to a short meditation, focusing on a positive intention, affirmation, or simply clearing your mind. You can find great meditations on apps such as Calm, Chopra, Insight Timer, or DailyOm. I've also created a playlist of meditations for you on my resource page.
- **Spend Time in Nature:** Step outside and spend 10 minutes observing nature, like watching the clouds, listening to birds, or feeling the breeze. Root your feet into the ground to help you feel supported. Hug a tree to get grounded.

- **Mindful Eating:** Eat a small snack or meal slowly and mindfully, savoring each bite and appreciating the flavors, smells, and textures. This practice can be out of our comfort zone because it may feel unnatural to place so much focus on each bite and swallow. But it forces us to slow down, practice patience, and cultivate awareness.
- **Quick Stretching:** Engage in a brief stretching or yoga routine, paying attention to the sensations in your muscles as you move, promoting physical and mental relaxation. Notice the release you feel from the stretch, relief from pain, or any tightness in areas of your body.
- **Mini-Visualization:** Spend 10 minutes visualizing a positive outcome or a place of calm and serenity, allowing your mind to focus on positive imagery. Sit quietly with your eyes closed and just let yourself indulge in a daydream. This is a great manifesting practice, so focus on something you truly desire.
- **Affirmation Break:** Take a few moments to repeat a positive affirmation or mantra that resonates with you, reinforcing a positive mindset. Positive affirmations can reframe negative thinking and alter your self-beliefs. They help you to change the way you see yourself. They give you doses of self-love. They can literally change your script about your life.
- **Free Writing:** 10 minutes of journaling in a free writing fashion can help you release and discover truths about yourself. Write down whatever comes up. Journaling can help us heal by allowing us to reveal to ourselves the root cause of an issue through our writing. Our subconscious minds step forward here and allow deep-rooted feelings and beliefs to rise to the surface for us to see and examine.

