

# **Mindful Exercise of the Week**

## **Mindful Word**

***The purpose of this exercise is to practice focusing your attention and feeling more relaxed. This tool will help you handle hard situations in school and at home.***

1) Think of a word that is calming or relaxing. This can be any word that makes you think happy and relaxing thoughts. Some examples are: “love” or “play” or “sunlight” or “peace” ...

2) Think of the word and say it silently to yourself and repeat it in your mind. Repeat the word with every breath you take. For example: If your word is “star”, say the word “star” when you breathe in and “star” when you breathe out. Keep your mind focused on the word.

3) When your mind begins to think about something else, bring your attention back to the word and continue to say it, as you find yourself relaxing and breathing calmly.

4) Continue doing this for 5 minutes.

