

# Staying Mindful

MINDFULNESS TECHNIQUES TO TRY DURING THE COVID-19 PANDEMIC  
WILDCATS CARE: PRACTICE SELF-CARE, REACH OUT FOR SUPPORT  
#UNHTOGETHER



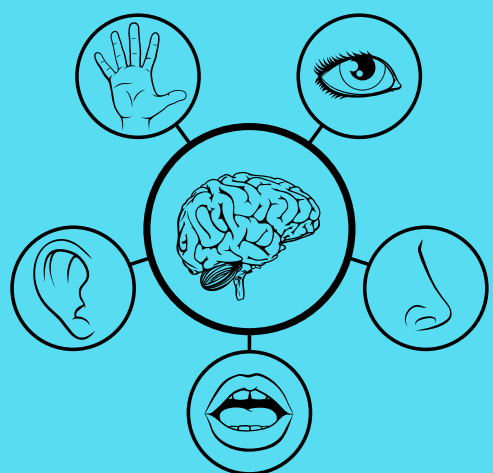
## PRACTICE DEEP BREATHING

Find a comfortable position and begin by breathing in through your nose. Hold your breath then breathe out for as long as you can. Try to do this for 5 minutes a day for a simple way to unwind.

## PRACTICE GRATITUDE

Think of 5 things each day that you are grateful for. Acknowledging these things and giving thanks promotes positive thinking and helps reframe thoughts.

Thank  
you



## FOCUS ON YOUR SENSES

Find a safe space and spend 5 minutes exploring your senses. What do you feel, smell, see, taste, and hear? This exercise is meant to calm the mind by causing you to focus on your environment rather than your thoughts.

## PERFORM A BODY SCAN

Lay in a quiet room, close your eyes and scan your body from head to toe. Pay attention to feelings of tingling, pressure, warmth, or tightness. Allow yourself to focus on the moment and take a break.



YOU!  
CAN!

## POSITIVE AFFIRMATIONS

Think of a positive word or phrase and repeat it over to yourself. Positive affirmations challenge negative thoughts and if you repeat your affirmations enough you will start to believe them.

## PICK AT LEAST ONE TECHNIQUE TO TRY EACH DAY

Prepared by senior nursing students in collaboration with UNH Health & Wellness  
For additional information: <https://www.unh.edu/health/wellness>