



## 5-Minute Daily Mindfulness Routine



Use this simple checklist each day to stay centered, calm, and connected.

- Find your space – Sit comfortably and silence distractions
- Breathe deeply – Inhale through the nose, exhale through the mouth (x3)
- Scan your body – Relax from head to toe
- Observe your breath – Let it flow naturally and stay present
- Acknowledge thoughts – Gently return to your breath if distracted
- Relax tension – Unclench jaw, drop shoulders, soften belly
- Feel grounded – Notice the support beneath you
- Express gratitude – Say one thing you're grateful for
- Set an intention – Choose a feeling for the day (e.g., calm, clarity)
- Return slowly – Wiggle fingers and toes, open your eyes gently

