

MINDFULNESS AND RELAXATION COPING SKILLS



1. Mindful breathing

Follow the feel of each breath. Bring your mind back when it drifts.

Best for: anxiety, stress.



2. Body scan

Move attention from feet up to head. Notice tension or sensations.

Best for: tension, emotional awareness.



3. Mindful eating

Slow down. Notice taste, texture, smell. Opposite of autopilot.

Best for: grounding, distraction.



4. Guided meditation

Short recording for structured focus instead of spinning thoughts.

Best for: stress, racing thoughts.



5. Visualization

Picture somewhere calm (beach, safe place). Fill in the details.

Best for: anxiety, overwhelm.



6. Mindful walking

Notice each step. Feel your feet. Look at what's actually around you.

Best for: overthinking, restlessness.



7. Observe a single object

Pick something ordinary (a leaf, a mug). Study its details.

Best for: racing thoughts, grounding.



8. Listen to one song mindfully

Give it full attention. Notice drums, vocals shifts.

Best for: stress, emotional overload.



9. Practice a short gratitude pause

Stop and name one thing you genuinely appreciate. For more structure, how to practice gratitude or a list of things to be thankful for.

Best for: stress, perspective.



10. Do one task without multitasking

Pick one simple task. Give it full attention until done. Just one thing.

Best for: overwhelm, scattered attention.

