Tips: Important Strategies

• Be conscious of the present.
• Sit comfortably with your feet flat and legs uncrossed.
• Rest your hands on your lap and close your eyes if you are able.
• Keep your mouth closed, not clenched, and let your tongue touch the rough of your mouth.
• Notice and follow your breath. Bring your attention to the rise and fall of your belly as you breathe.
• If your mind drifts to thinking about your schedule, know that it’s natural and just observe your thoughts rather than following or holding on to them.

Takeaways: Things to Remember

• Remaining present in the moment keeps you calmly at the center of your own life.
• By turning your attention inward, you return to a place of balance and relaxation, using both your body and mind.
• You deserve this time to dedicate to yourself.

Personal Reflection

Where could you imagine adding mindfulness to your day?


Next Recommended PsychArmor Course(s):

• Mantram Repetition

Resources:

If you like this course and want additional information, contact the VA Caregiver Support Program at 855-260-3274 or online at http://www.caregiver.va.gov/.
For additional resources, check out https://hiddenheroes.org/.