

# MINDFUL MINUTE

TAKING A MINDFUL MINUTE ALLOWS US TO BE AWARE OF OUR BODY AND THE WAY IN WHICH WE ARE FEELING. HAVING THIS AWARENESS OF YOURSELF AND PARTICIPATING IN A MINUTE OF MINDFULNESS HAS MANY BENEFITS. IT HELPS TO DECREASE STRESS, INCREASE SELF-AWARENESS, INCREASE FOCUS, AND INCREASE PRODUCTIVITY.



1

**Intentional breathing:** Feel each breath as it enters your lungs, fills your chest, and then exhale

2

**Five Finger Gratitude:** Identify five things that you are grateful for

3

**Write or draw how you are feeling**

4

**5 4 3 2 1 Grounding:** Identify 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste

5

**Stand and Stretch**

## Only Have A Minute?

**Be mindful about your minute and try some of these activities.**

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