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9 mindfulness exercises you can do in a minute or under.

- 1. YAWN AND STRETCH FOR 10 SECONDS EVERY HOUR.
- 2. THREE HUGS, THREE BIG BREATHS EXERCISE.
- 3. STROKE YOUR HANDS.
- 4. MINDFULLY EAT A RAISIN.
- 5. CLENCH YOUR FIST AND BREATHE INTO YOUR FINGERS.
- 6. STOP.
- 7. MINDFUL BREATHING FOR ONE MINUTE.
- 8. LOVING-KINDNESS MEDITATION.
- 9. AN ASPIRATION.

https://psychcentral.com/blog/1-minute-mindfulness-exercises/

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BENEFITS OF

MONDAY CREATIVE WRITING



GETTING STARTED

Describe what is outside

your window. Tell a story

from the point of view of

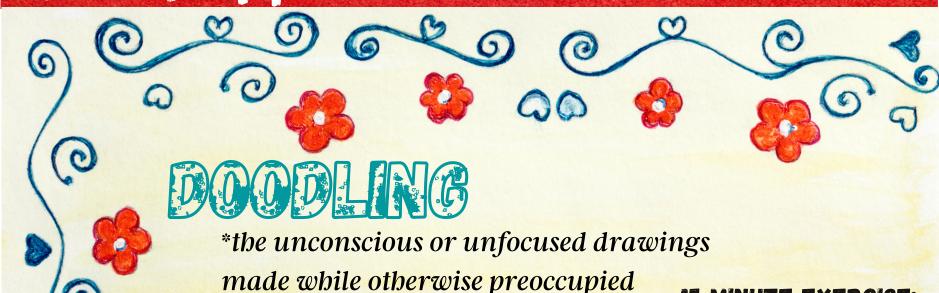
one of the things you see.

- 2. ARTISTIC SELF-EXPRESSION
- 3. IMAGINATION BOOST
- 4. THOUGHT CLARIFICATION
- 5. BETTER UNDERSTANDING OF THE MECHANICS OF READING & WRITING
- 6. EMPATHY & COMMUNICATION SKILLS
- 7. BETTER MENTAL, EMOTIONAL, & PHYSICAL HEALTH

https://www.proofreadnow.com/blog/7-benefits-of-creative-writing-exercises

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DOODLOG



*A place of escape

PROMOTES DEEP THINKING & CONCENTRATION

* HELPS PROBLEM SOLVING SKILLS

****BETTER MEMORY RETENTION**

15 MINUTE EXERCISE:

GETTING STARTED

Spend 5 minutes in mindless doodling of the following shapes

- Circles
- Stars
- Triangles

https://thepetiteplanner.com/mindful-doodling/

WHY YOU SHOULD PRACTICE MONDAY

ARE YOU Worrying about the past or Planning for the future while Missing Out on what's right in front of you?

Data shows that with regular mindfulness practices, people are

- ***** Sharper
- ***** More Focused
- * Better Able to tackle tasks with precision and poise

In the **SparkPeople** article attached, you will learn 5 easy techniques to incorporate mindfulness practice in your daily routine.

GETTING STARTED

Practice 1 exercise each day until you have tried all 5. If you would like, share with us how they made you feel.