



M I N D F U L H A B I T S F O R
T H E N E W Y E A R

As we enter into 2025, your list of resolutions may include prioritizing your mental health and being more present in the everyday. Here are some habits to implement that can assist you in reaching those goals.

C O U N T I N G

This technique can be used for grounding yourself and calming anxiety.

- 5 *Name five things you can see.*
- 4 *Name four things you can feel.*
- 3 *Name three sounds you can hear.*
- 2 *Name two scents you can smell.*
- 1 *Name one thing you can taste.*

The key to this exercise is to be specific as possible when identifying each of these prompts. The more descriptive you are, the more likely you are to put more focus on your surroundings to get an accurate description.

CROSSING OFF YOUR TO-DO LIST

While life often feels like you are required to juggle multiple tasks at once, it does not always have to be so fast paced. When you have a moment to slow down, try to take any responsibilities one at a time.

Multitasking often leads to more stress and less productivity, which can cause responsibilities to pile up quickly. Dedicate your focus on one task from start-to-finish. Once you have one task checked off your list, you will feel better for it and have more momentum to start the next.

One helpful way to move from a multitasking mindset to a single tasking one is through a strategy called “chunking.” Chunking is when you schedule your hours out so that a set amount of time is put aside for each task you have on your to-do list with no distractions. It is important that while you implement this strategy, you physically note this time down in a calendar or journal to keep yourself accountable.

3 - M I N U T E B R E A T H I N G S P A C E

This exercise is similar to a small meditation session, but can be used just to decompress and check in with yourself. Start in a seated or laying position.

1

During minute one, spend the time asking yourself how you are feeling right now. Focus on the feelings, thoughts and sensations that arise.

2

During minute two, focus on your breathing. Try to keep your breaths equal and timely.

3

For the third minute, focus on how your breathing make the rest of your body feel. Focus on the sensations in your body as you breathe.

FINGER TAPPING

This is a method you can utilize if you're feeling fidgety or restless. This can help to focus the momentum to one part of your body.

- 1 *Touch your index finger to your thumb while take a deep breath.*
- 2 *On the next inhale, touch your middle finger to your thumb and then exhale.*
- 3 *Repeat this with your ring finger and pinky, taking a deep breath and exhaling before moving to the next finger.*
- 4 *Then move backwards to complete the cycle, pinky, ring, middle, and index.*
- 5 *Repeat as necessary.*

R E S O U R C E S

<https://www.verywellmind.com/single-tasking-for-productivity-and-stress-management-3144753>

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

<https://www.ninety.io/blog/time-chunking>

<https://blog.calm.com/blog/mindfulness-exercises>

<https://www.scienceofpeople.com/mindfulness-activities/>

**EASTERSEALS MORC HAS
MANY FREE DOWNLOADABLE
RESOURCES, LIKE THIS ONE,
AVAILABLE FOR THE
COMMUNITY.**



**TO ACCESS MORE FREE
RESOURCES OR LEARN MORE
ABOUT SERVICES, PLEASE
VISIT
WWW.EASTERSEALSMORC.ORG**