

# *Mindful Mini-breaks*

## **Thrive Through Finals**

Recreation & Wellness Department

Wellness Programming

1. Seated & standing stretching
2. Active movement
  - Brisk walking outdoors/indoors
  - Take the stairs if able!
  - Count those steps
3. Mindfulness & Deep breathing activity
4. Mindful centering labyrinth activity
  - Substitute “standing” with “pausing” as you use your finger
    - **“Release:** Begin by standing at the entrance on the edge of the labyrinth. Take some deep breaths. Gently follow the path at a pace that feels comfortable for you. Clear your mind and let go of all thoughts and cares.
    - **Refresh:** When you reach the center you may want to stand quietly for a few moments. Visualize yourself in a peaceful place, breathe, reflect and relax.
    - **Return:** When you feel the time is right, follow the path back out from the center. Bring the feelings or insights you experienced with you as you return to the world.
    - We hope you feel refreshed and ready to thrive!
    - Text from a sign at the entrance to the Antioch Medical Center Labyrinth in CA.” - Quote taken directly from:

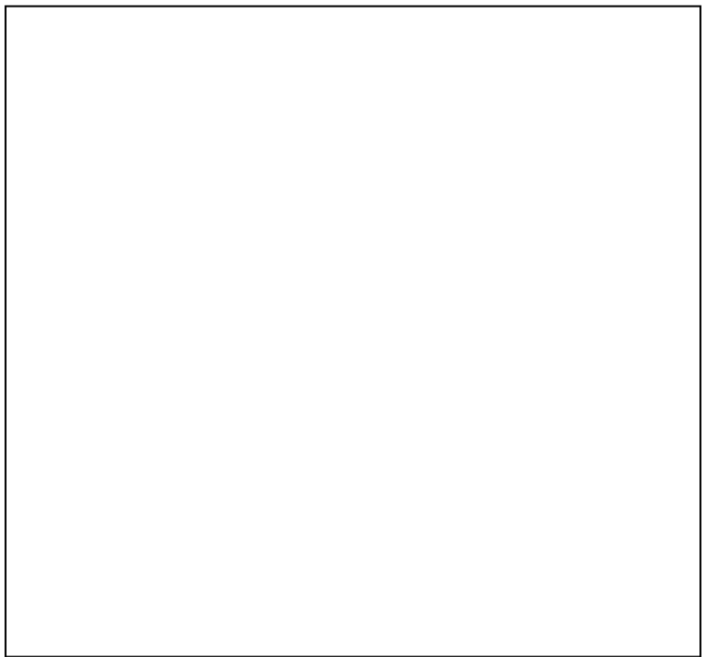
Gersbach J. (2008). Labyrinths Find Their Way onto Hospital Grounds as Paths to Healing. *The Permanente journal*, 12(4), 77–80.

<https://doi.org/10.7812/tpp/08-045>

- [Finger Labyrinth](https://labyrinthociety.org/download-a-labyrinth) sourced from <https://labyrinthociety.org/download-a-labyrinth>

## 5. Mindful doodling or drawing

- See outline on next page



6. Make a healthy snack - be aware of allergies!

- No-bake energy bites
- Popcorn (low sodium, hint of butter)
- Blueberries
- Almonds
- Celery with peanut butter
- Apple with peanut butter
- Cucumber & dressing

7. Mindful walk

- Focus on your senses when walking
- Give thanks for what you see
- Savor the moments