



A WEEK OF MINDFUL MOMENTS



MINDFUL PATH COUNSELLING

A Week of Mindful Moments

7 simple ways to reconnect with yourself – even on the busiest days

Anxiety can make everything feel urgent. Like there's always something you should be doing, fixing, or worrying about. And when your mind is running at full speed, it's easy to miss what's happening right in front of you.

But sometimes, what we really need isn't another to-do list - it's a pause. A quiet moment to check in with ourselves, take a breath, and come back to the present.

This 7-day guide offers gentle daily prompts to help you slow down and reconnect, even if just for a few minutes. You don't need to get it perfect. You don't need to do all seven days in a row. This is simply an invitation to create small, meaningful moments of calm in the middle of everyday life.

Because even one mindful moment can shift how the rest of your day feels.



Day 1 – One Minute of Stillness



Set a timer for one minute. Sit or stand still. Notice what you can hear, feel, smell. No need to try and fix or judge your experience – just notice and acknowledge it.

Day 2 – Ground Through Your Senses

Wherever you are, pause and name:

- 3 things you can see
- 2 things you can touch
- 1 thing you can hear

It's a quick way to get out of your head and back into your body.



Day 3 – Cup of Mindfulness



Make a hot drink slowly and intentionally. Notice the smell, the temperature, the feel of the mug in your hands. Let it be a small ritual of care.

Day 4 – Name What You're Feeling

Take 30 seconds to ask: "What am I feeling right now?"

See if you can name the emotion without trying to change it.

Naming helps reduce its intensity and brings a little clarity.

Day 5 – Mindful Movement

Take a slow walk, stretch your body, or do something gentle and physical. Pay attention to how your body moves and how the air feels against your skin.



Day 6 – Device-Free Moment

Put your phone on silent and out of sight for just 10 minutes.

Notice how often you reach for it. What thoughts come up when it's not there?

(No judgment – just awareness.)

Day 7 – A Small Act of Kindness

Do something small and kind today – for yourself or someone else.

A kind text. A moment of self-encouragement.

Notice how it feels to offer compassion, and let it settle.



Final Reflection

There's no such thing as perfect mindfulness. It's not about clearing your mind or doing it 'right', it's about coming back to yourself, gently and often.

If one of these daily prompts stood out to you, you can keep returning to it. Let these moments be reminders that you *can* slow down. You *can* build a life that feels calmer – even in small, quiet ways.

