**Mindful Breathing**

Box Breathing

* Slowly breathe in counting to 4 🡪 Feel the

air enter your lungs

* Hold your breath for 4 seconds
* Slowly exhale through your mouth for 4 seconds
* Hold your breath for 4 seconds
* Repeat as many times as you can 🡪 30 seconds

of deep breathing will help you feel more relaxed

and focused

****\*Perform box breathing prior to an exam or presentation to reduce stress and anxiety

**Mindful Eating**

1. Sit in a chair comfortably 🡪 How does your body feel
2. Bring your attention to the meal 🡪 Notice the smell, color, shape,

temperature, texture, etc.

1. Take a bite 🡪 Notice the flavor, texture, temperature, sensation, etc.
2. Swallow 🡪 Imagine the food traveling from mouth to stomach
3. Reflect 🡪 How your body feels now compared to before eating

**Single - Tasking**

Single Tasking for School

* Clear study space of all distraction
	+ move phone to different room
	+ close extra computer tabs
	+ find solitude area
* Before beginning your homework or study session
	+ Take a minute to reflect – how are you breathing, how does your body feel, how is your body posture
* Focus
	+ Set a timer to know when it’s time to move on to the next assignment or take a break (use the timer to notify you when your break is over as well)