NORMALIZE THERAPY
Become a better you

Free Mindfulness Guide For Beginners

A beginner friendly mindfulness guide to stay present and grounded.

1. **What is mindfulness?**

Mindfulness is the practice of being fully present in the moment without ignoring the feelings, emotions, or thoughts that come up. And without judging them or judging yourself. Just sitting with them.

2. **Why mindfulness matters**

Mindfulness helps with:

- Improving emotional control and emotional processing
- Enhancing focus and clarity
- Reducing stress and overthinking
- Supports mental wellness

3. **Easy and beginner friendly mindfulness practices**

a) **Grounding exercise (5-4-3-2-1)**

Sit in a quiet place or just do this wherever you are. Count and name:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

b) Journaling

Use these journaling prompts to journal in the morning or day time or evening. Even 10 minutes of journaling can bring you to the present moment.

- What am I feeling right now?
- What is within my control today?
- What am I grateful for?

c) Gratitude practice

Gratitude practice is a simple mindfulness exercise that helps you focus on what is going well in your life, instead of what is stressful or overwhelming. It trains your mind to notice the positive, even during difficult moments.

- Take 5 - 10 minutes each day to reflect, can be in the morning or evening
- Write down 3 things you are grateful for on that day
- They can be small (a good meal, a good conversation, fresh air, a job etc)
- Pause and truly feel the appreciation
- A simple prompt you can be using: *"Today, I am grateful for……*

Mindfulness reminders

★ Slow down, don't always do things in a rush
★ Breathe deeply then have a long extended exhale
★ Stay present in the moment
★ Be kind to yourself at all times, and put yourself first

Remember, you are not alone. We encourage you to connect with a professional counselor, therapist, or your support system for the much needed connection and support. If you're not ready to take that step, check out our hub of free resources and guides curated by expert therapists to support your healing journey.

With love,

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