



# self-care on a budget

MINDFULNESS EDITION

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## Breathing Exercises

LOTS OF RESOURCES ONLINE ON BREATHING EXERCISES THE CLEVELAND CLINIC HAS SOME INCLUDING BOX BREATHING AND THE 4-7-8 BREATHING TECHNIQUE.

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## Meditation

FREE GUIDED MEDITATION SESSIONS, SLEEPING STORIES AND MORE USING THE CALM APP - DISCOUNTS AVAILABLE FOR AMERICAN EXPRESS CARD HOLDERS, NURSES, FIRST RESPONDERS, MILITARY, TEACHERS, AND STUDENTS.

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## Body Scan

FOCUS YOUR ATTENTION ON EACH BODY PART AND SENSATIONS & EMOTIONS ASSOCIATED WITH IT. CALM APP HAS GREAT GUIDED BODY SCANS. SEE ABOVE FOR DISCOUNTS.

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## Journaling

WRITE ABOUT YOUR DAY, YOUR THOUGHTS, GOALS, AFFIRMATIONS. GRATITUDE LISTS, WHAT YOU'RE FEELING. DESCRIBE YOUR SENSATIONS AT THAT MOMENT, WHAT YOU PHYSICALLY FEEL, HEAR, SMELL, SEE...

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## Art

PAINTING, DRAWING, COLORING. YOU DON'T HAVE TO "BE GOOD" AT IT, IT JUST HAS TO SERVE YOU AS AN OUTLET.

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