

Mindfulness Exercises

When we say “I am here,” we are reminding ourselves to pay attention to right now.

It means we’re not thinking about yesterday or worrying about tomorrow. We’re just noticing what’s around us, how we feel, and what’s happening in this moment. It helps us feel calm, focused, and more in control. Being “here” means being present—like showing up for yourself, right where you are.

Why not take 5 mins for yourself today ?

1

Find Your Spot

Sit down in a comfy spot. You can be on a chair, the floor, or even outside. Let your hands rest in your lap.

2

Take a Deep Breath

Close your eyes (if you want) and take a deep breath in through your nose... and slowly breathe out through your mouth.

Do these two more times: breathe in... and out.

3

Say in Your Mind: “I Am Here”

Now, quietly in your mind, say the words:

“I am here.”

Say it slowly, like you’re reminding yourself that this moment matters.

4

Notice What You Feel

Ask yourself:

What do I feel in my body? (Warm? Cool? Relaxed?)

What sounds do I hear?

What can I smell?

Is there anything I can feel touching me (like clothes or the floor)?

Just notice. You don't have to change anything.

5

Repeat Softly: "I Am Here"

Again, say in your mind:

"I am here."

Feel how it feels to be still, calm,
and present.

You're not in the past or the
future—just here, now.

6

End With a Smile

Take one more deep breath.
Gently open your eyes.

Give yourself a little smile -
because you just took care of
your mind



Check out our website for
more resources