



Mindful Moment

In moments of stress and uncertainty, it's easy to become overwhelmed by things we're not able to control. Here is a technique using your 5 senses to help keep you grounded in the present moment and focus on the here and now.

Find a comfortable place to sit. If you can, invite your pets to join you - snuggling our pets does wonders to help calm us down!

Begin by taking a few deep breaths in and out, filling your belly with air each time...

Now, name **5** things you can see (maybe your cat's fluffy tail)...

Name **4** things you can feel (such as your pup's soft ears)...

Name **3** things you can hear (a purring kitten, perhaps)...

Name **2** things you can smell (puppy breath?!)...

Name **1** thing you can taste (did you share some peanut butter with your dog?)...

And finally, name something that you are thankful for (like the unconditional love of your pet)...

End by taking a few more belly breaths (and maybe giving your pet some belly rubs)...

Repeat whenever the world feels a little too much to handle. If you'd like, you can also switch up the senses for each step. And of course, cuddle those pets as much as you're able!