

MINDFULNESS EXERCISES FOR COPING WITH GRIEF

1. Deep Breathing

- Find a comfortable position
- Inhale deeply through your nose, counting to 4
- Exhale slowly through your mouth, counting to 6



2. Body Scan

- Close your eyes and focus on your breath
- Slowly scan your body from head to toe, noticing any sensations or tension
- Relax each body part as you go

3. Grounding Techniques

- Name the following:
- 5 Things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste