

MINDFULNESS TECHNIQUES

FOR COLLEGE STUDENTS

Mindfulness is the ability to be present in the moment, aware of what you are doing, and not be overwhelmed by what is occurring around you (Mindful Staff, 2020). It involves being purposeful and without judgment in the current time (Rava & Hotez, 2021).

1



STOP TECHNIQUE

S – Stop

Stop what you are doing and thinking.

T – Take a Breath

Focus on your breathing.

O – Observe

Observe your thoughts, emotions, and what your body is doing.

P – Proceed

Proceed doing what you need to do with intention.

This grounding mindfulness technique is quick and can be completed discreetly anywhere. It involves using the 5 senses to calm the body down (Jonah, n.d.).

5 – What are 5 things you see?

4 – What are 4 things you physically feel?

3 – What are 3 things you hear?

2 – What are 2 things you smell?

1 – What is 1 thing you taste?



5, 4, 3, 2, 1 TECHNIQUE

3



JOURNALING

Using expressive writing to clear the mind can reduce intrusive and stressful thoughts and improve memory (Klein & Boals, 2001).

Example Prompts:

- What made you feel happy today?
- What are you most grateful for?
- What are my 3 top fears? Are these holding me back?

Practicing breathing can help to lower your heart rate, decrease blood pressure, and induce relaxation (Byers, 2021; Cleveland Clinic, 2022).

- Use your nose to breathe all the way in.
- Breathe in slowly as your stomach expands.
- Hold your breath for 2 seconds.
- Breathe out slowly using your mouth and small open lips like you are blowing out a candle.



BREATHING

5



BODY SCAN

Using body scanning is a great way to see how and where emotions manifest physically in the body.

To complete a body scan:

Start by closing your eyes and starting at your head going all the way to your toes. Focus on how your entire body is feeling one area at a time (Cleveland Clinic, 2023).