



FOUNDATION 3: CONNECTION



6 Free Mindfulness Activities



THE **anti-burnout** CLUB



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6 *Free Mindfulness Activities*

Welcome to this free Mindfulness Activities PDF by Bex Spiller and The Anti-Burnout Club. Mindfulness is the ideal way to connect with yourself and the world around you - it's a huge part of our [Five Foundations of Wellness](#) (Foundation 3: Connection).

We hope that you find the activities in this little workbook helpful and we're happy for you to share them with friends, family and loved ones.

We please do ask that you don't claim this work as your own and no part of it may be copied or redistributed, sold or traded, in any format. All of the content in this workbook remains the property of The Anti-Burnout Club and Bex Spiller (the author).

Now, enjoy all of these free mindfulness activities and let us know how you got on!

Want to take part in more mindful moments?
[Check out our membership options here.](#)



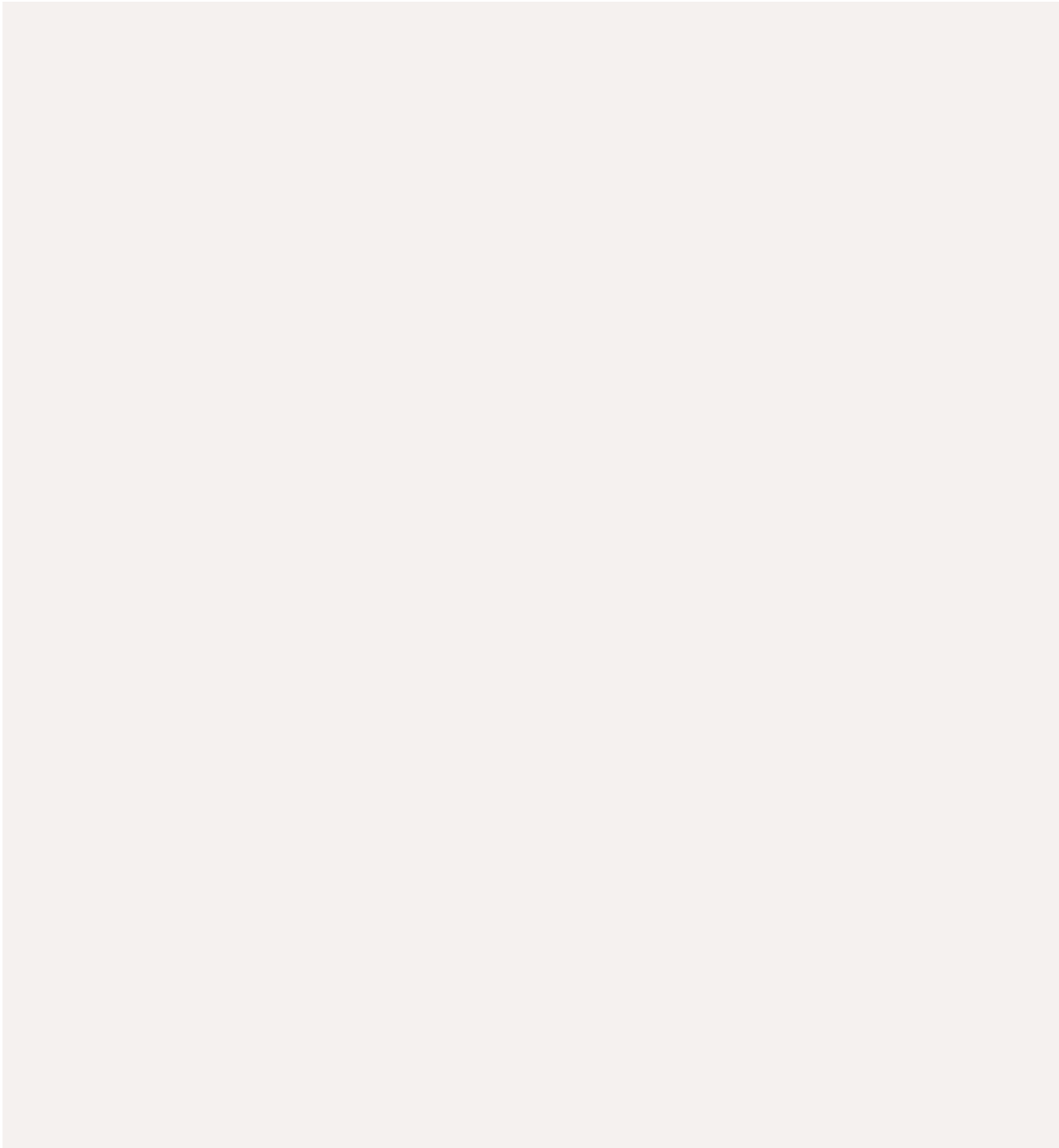
The Five Senses

A basic mindfulness activity for grounding and awareness. Start by breathing in through the mouth and out through the nose, before working your way through each step (from 5 things you can see). Use the next page for your pause, reflect and journal step.



Pause, Reflect, Journal

How did taking this time out to experience the five senses make you feel?





Body Scan Mindful Moment

Our bodies can be an excellent way to connect with the present moment and a body scan allows you to become mindful of where we are physically and mentally. We can also use our bodies to anchor ourselves, which makes this perfect for grounding.

Make sure you're sitting comfortably in a quiet place with no distractions. Relax your shoulders, ensure your spine is long and either close your eyes or gaze downwards so your eyes are half-closed. If this is the first time, print out the steps and place the paper on the floor in front of you so that you can lower your gaze and follow the steps.

Once you're in a comfortable and quiet position you can move on through the following steps...



Bring awareness to your body

Breathe in through the nose and out through the mouth. As you breathe in and out, notice how your body is connected to the earth. Bring awareness to which parts of the body are grounded into the seat or the floor.



Bring attention to each part

Once you feel grounded, breathe in and bring your attention to the part of your body you want to scan. Many people like to move from head down to feet, but you can choose to scan your body in a way that works for you.

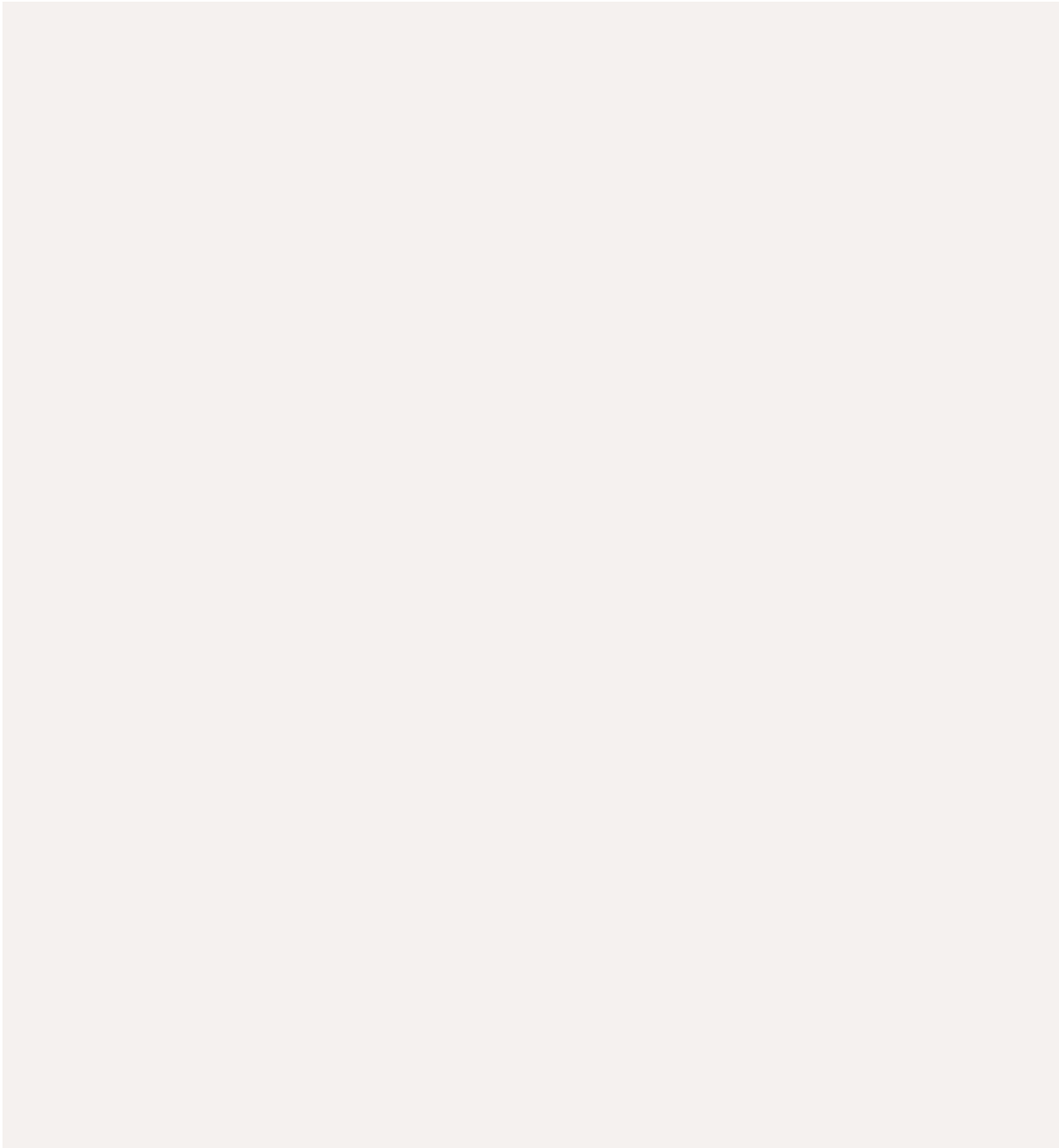


Recognise the sensations

Stay curious, open and judgement free to each of the sensations you experience. There may be tingling, buzzing, or perhaps just no sensations at all. That's okay, just recognise each before moving onto the next part of your body.

Pause, Reflect, Journal

Once you have completed your body scan, take time to pause, reflect and journal how it made you feel.





Childlike Wonder Mindful Moment

Who doesn't miss feeling the childlike wonder of seeing everything brand new, as if it's for the first time? This mindful moment helps us connect with our inner child and brings awareness to the beauty around us.

1. Pause wherever you are – seated, standing, or lying down.
2. Close your eyes and invite your open and curious inner child to come to the surface.
3. When you open your eyes again, imagine as if you are experiencing everything around you for the first time.
4. For a few minutes, scan your environment and notice:
 - The colours and textures of your surroundings
 - Any smells or aromas that fill the air
 - The feel of the earth, chair, bed, or other surface beneath you
 - Any movements, such as the breeze fluttering the curtains

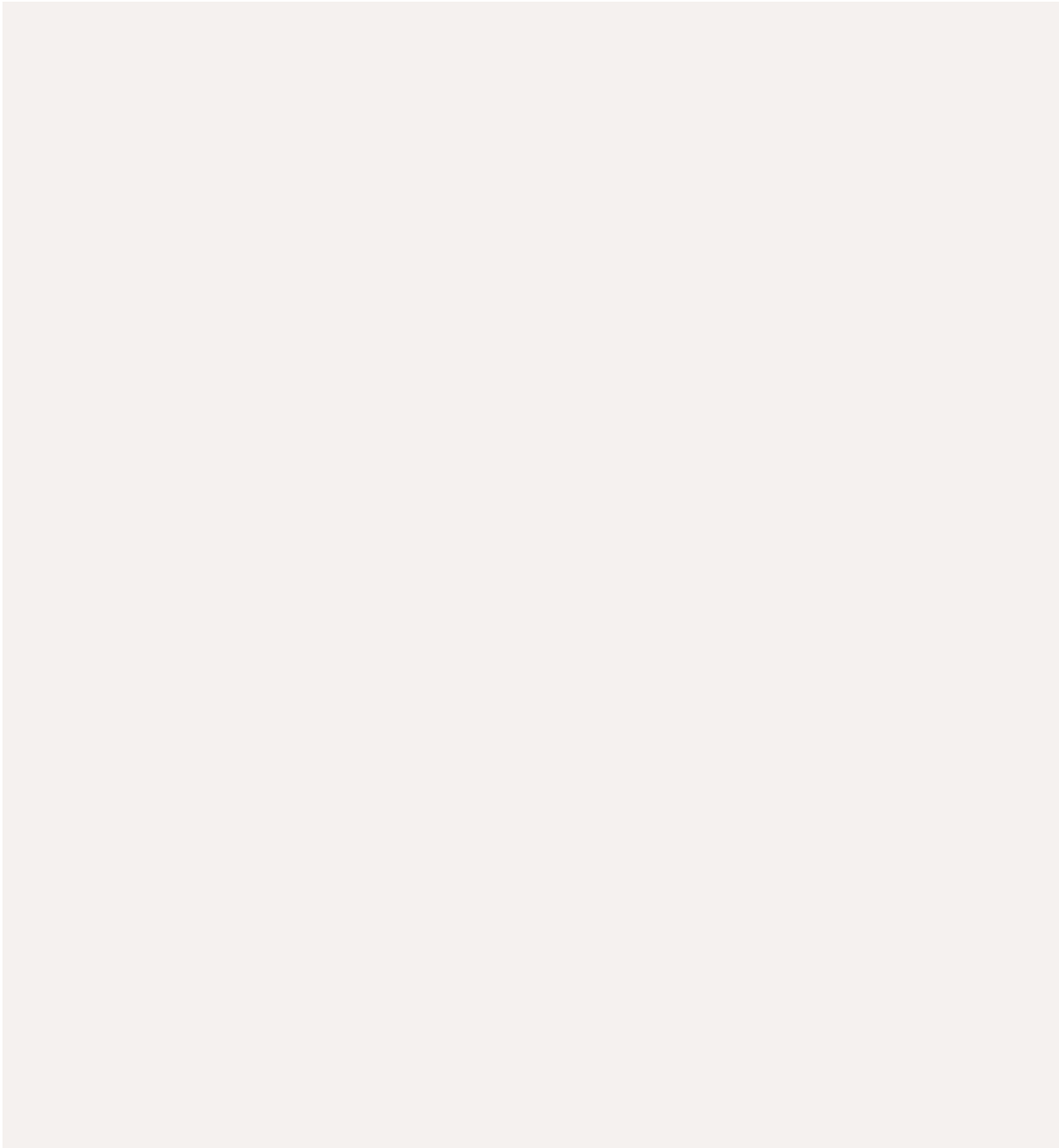


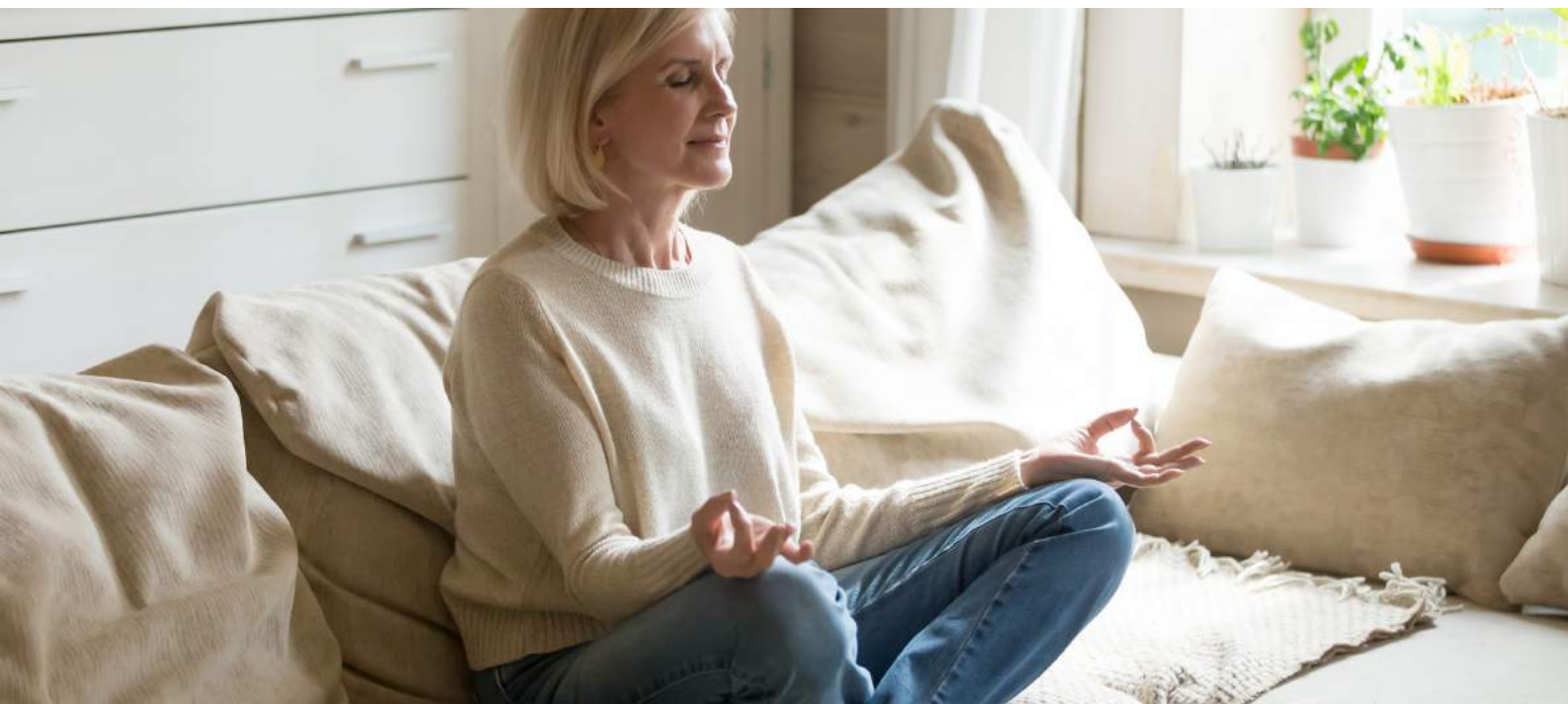
5. Hold your attention on one particular object of your awareness now – something that pleases your senses and your inner child. Then ask yourself these questions and use the next page to pause, reflect and journal:

- What about this particular thing brings you a sense of happiness, contentment, or peace?
- What unique properties or characteristics does it have? Why did it capture your attention?
- After focusing on it for one minute, note how the mind and body feel in this moment.

Pause, Reflect, Journal

Using the questions above, spend some time thinking about how it feels to experience something in childlike wonder once again.





Emotional Awareness Mindful Moment

In this mindful moment, we want to connect with our emotions. This is an extremely powerful way to use mindfulness and finding new ways of relating to the emotions that can so often take over our minds.

For this mindful moment, ensure you have a quiet and private space. We'll be coming face to face with our raw emotions and it's important you're not interrupted.

Sit up straight and close your eyes, or lower them to the ground so that they are half-open. Take a few deep breaths in and out to begin grounding yourself before going through the following steps...



Is there emotion present here?

Open your mind and your awareness to ask - is there emotion present here? Don't actively seek or judge, simply allow your mind to present any emotion that may rise to the surface. It may be anger, grief, anxiety, sadness, or something more pleasant such as love or joy.



Where is it present?

Consider where that emotion can be found in your physical body by looking for the sensation (tightness, pressure, lightness, heat, chills, etc). Where is this emotion presenting itself in your body?

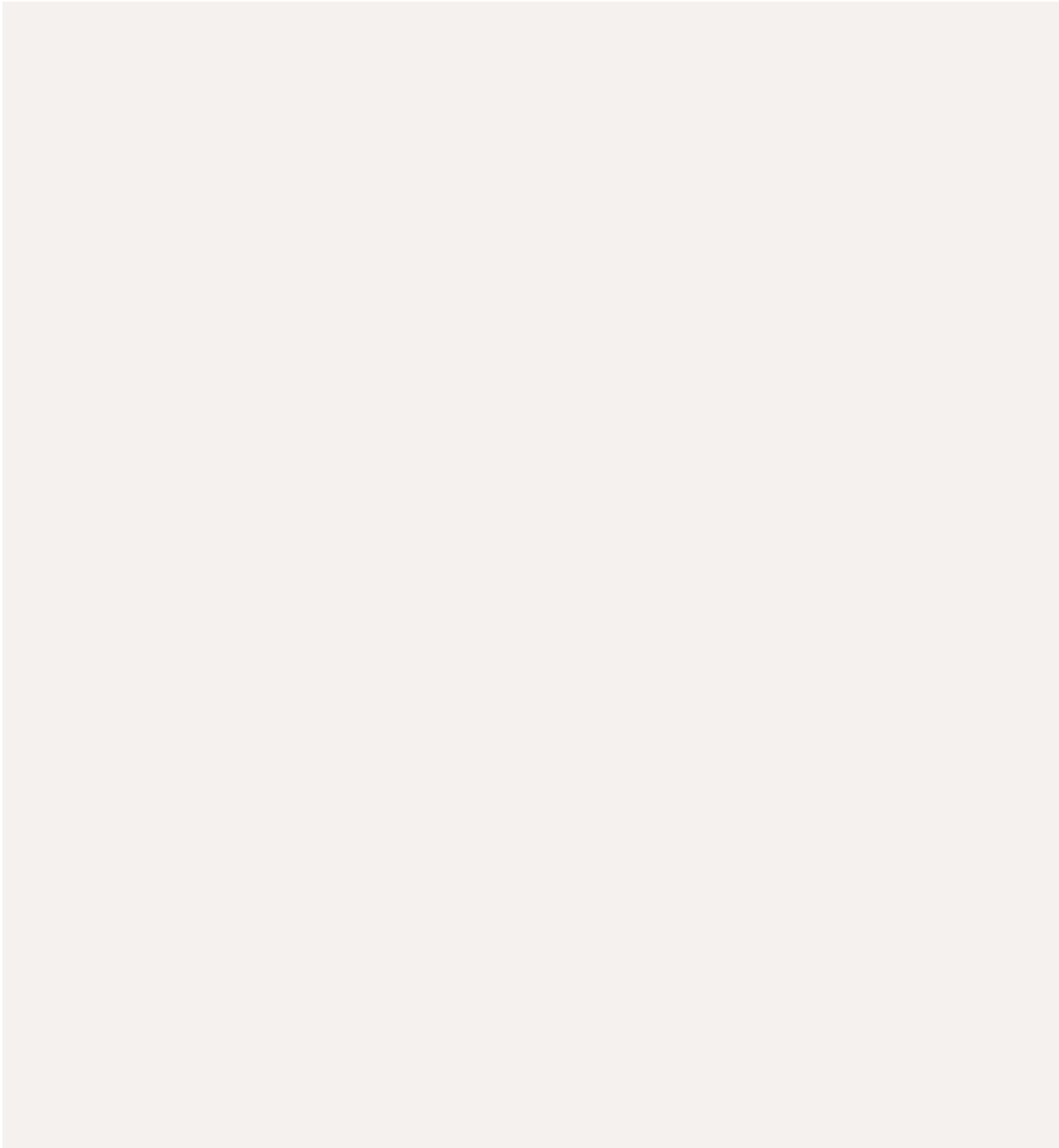


Observe

Now, simply note the sensation or whisper 'feeling' whenever you can truly feel the emotion. Spend a few minutes observing the physical sensation of each feeling and emotion, allowing yourself to experience the rawness of it without judgement or trying to change it. Finally, take a few deep breaths, open your eyes and reflect.

Pause, Reflect, Journal

How did it feel experiencing raw emotion in this way? Did your mind try to tell you a story about this experience? Were you able to come back to the sensation of the emotion?



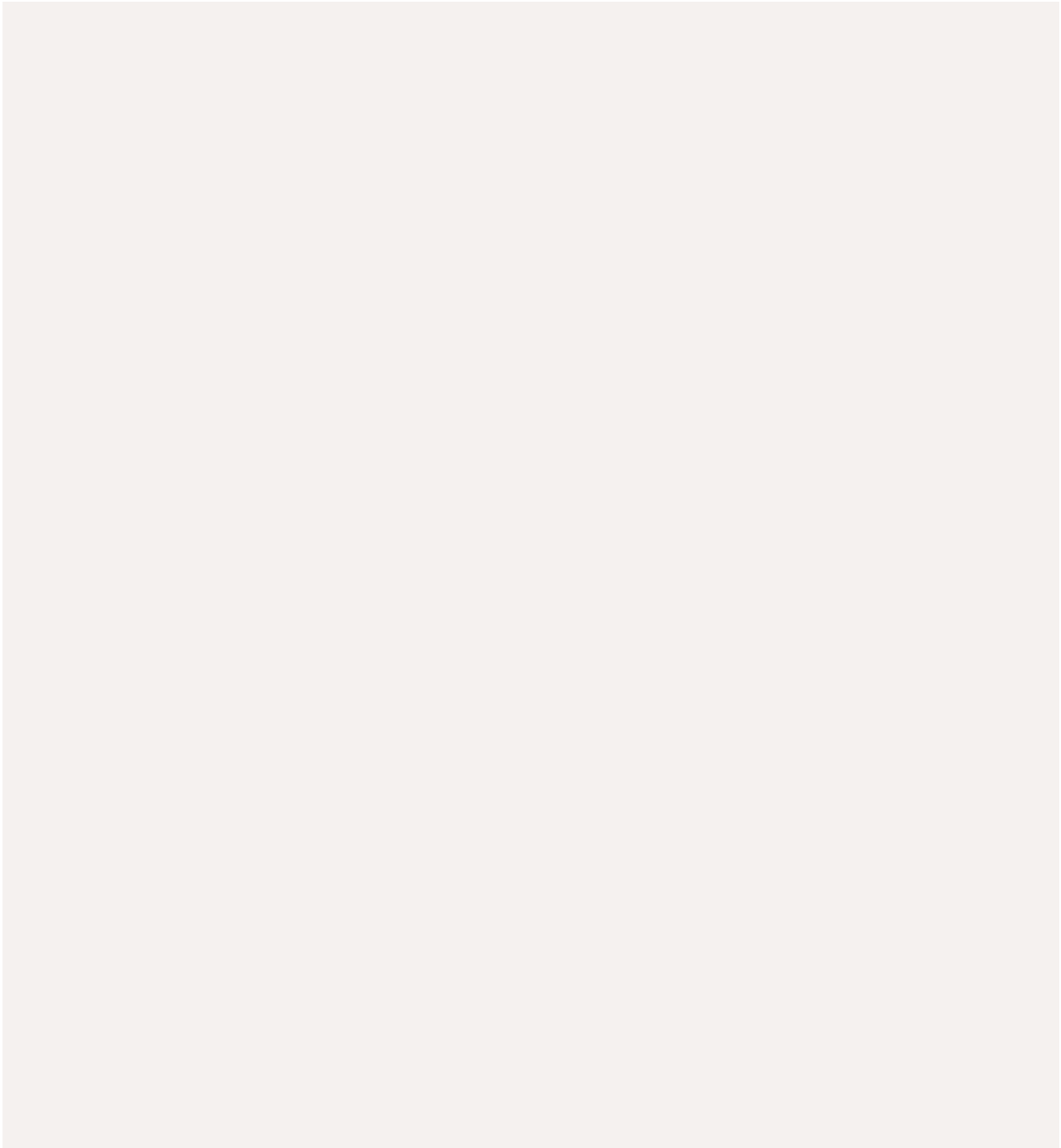
Past, Future, Present

Staying in the present moment can help us stop ruminating on the past or worrying about the future, but how do you stay present? Use this mindfulness technique to bring your awareness back to the present and focus on the sense of ease and happiness it can bring.



Pause, Reflect, Journal

How did it feel to stay in the present moment? Did you find yourself focusing on the past or future more? Did staying in the present bring contentment?

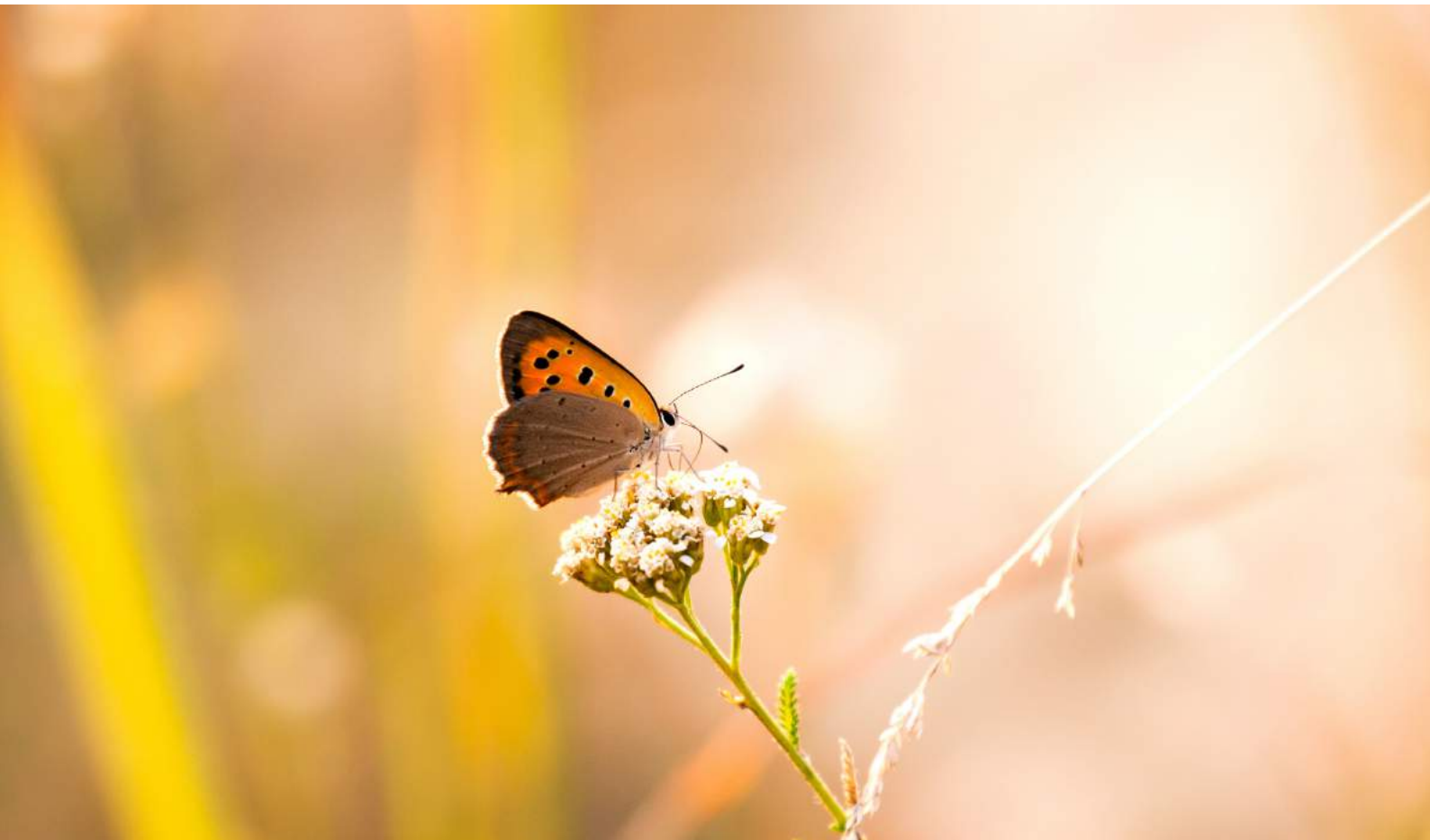


Mindful Seeing in Nature

This is our final mindful moment, this time focusing on connecting to nature.

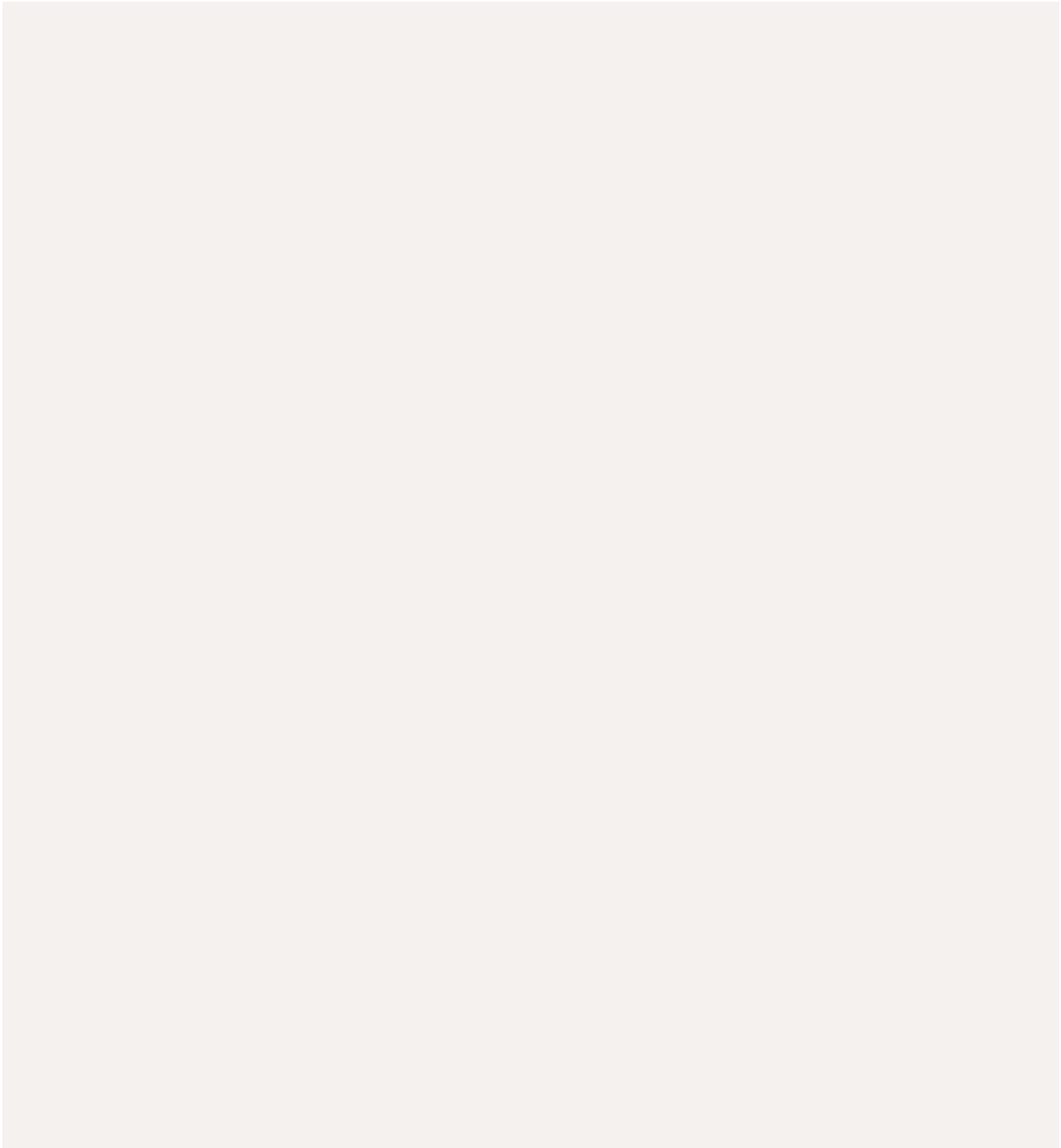
It is a quick mindful moment video/audio that only needs a few minutes of your time. It's best done by popping your headphones while outside in nature. However, if you're unable to get outside for any reason you can either look out of the window OR watch the video that goes with it.

[ACCESS IT ON YOUTUBE HERE](#)



Pause, Reflect, Journal

*How did connecting with nature make you feel? Did you notice anything new in your surroundings?
Will you be more mindful in nature going forward?*





How do you feel?

We hope you enjoyed these free mindfulness activities and they're exercises that you'll come back to time and time again.

Got any questions about any of these? Reach out on [Instagram](#) or [Facebook](#)!

Want to take part in more mindful moments?
[Check out our membership options here.](#)

All the best,
Bex & The ABC Team x