

# If (This), Then (That) Cards

To practice mindfulness at work, fill in your "if (this), then (that)" statements and place them around your desk as reminders.

If...	Then...
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If...	Then...
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If...	Then...
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If...	Then...
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If...	Then...
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# 5-4-3-2-1 Exercise

If you are feeling stressed or anxious, practice this exercise to ground yourself. Write down your observations below to reflect on them.



## 5 Things You Can See

These things can include people, colors, items or anything else that you observe around you.

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## 4 Things You Can Touch

Jot down the texture of the items around you, the material of your clothing or even your skin.

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## 3 Things You Can Hear

Close your eyes and look for ambient noise, conversations or even your own heartbeat.

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## 2 Things You Can Smell

If you work in a space without many scents, observe the smell of the air or your clothing.

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## 1 Thing You Can Taste

Drink, sip or just observe what you currently taste, think about the experience of the flavor.

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# Mindful Coloring

Plan to take mindful breaks during your work day. Instead of scrolling through social media, spend a few minutes reflecting over a mantra and coloring.

