# Quick MindfulnessWhatever you are doing:

1. Feel your feet on the floor;
2. Notice  your legs;
3. Let the muscles in your tummy relax;
4. Relax your shoulders;
5. Relax your jaw;
6. Notice your breath in and out;

If you are feeling anxious, try closing your mouth, if possible, and making your out breath a little longer.

1. Don't try to fight things the way they are, simply just try to accept them in this moment.

Use this physical awareness to anchor yourself into the present moment and remind yourself you only need to cope in this moment.
Repeat a positive statement to yourself e.g. "I am okay in this moment".