



KOHL'S
**MINDFUL
ME**

PAUSE
BREATHE
CONNECT

TIPS



PHOENIX CHILDREN'S

KOHL'S  CARES

Practice mindfulness for better health.

You and your kids deserve to achieve your full potential in health and wellness. A big part of that includes positive mental health. Here are some tips to help your family become more focused, caring, confident...and happy!

1

Practice Gratitude

Feeling more peaceful is as easy as 1-2-3.

Name one thing you are grateful for.
Name two things you love about yourself.
Name three positive people in your life.

This can help you feel more grounded and peaceful, and improve your ability to share that love with others.

2

Progressive Muscle Relaxation

Need to relax? Try this.

Take a deep breath.
Tense your muscles and hold briefly.
Exhale slowly. Relax your muscles.
As your body relaxes, so will your mind.

This can help reduce stress and anxiety and provide an instant feeling of relaxation.

3

Breathe In, Breathe Out

Feeling worried? Let's breathe.

Focus on how you are feeling.
Inhale slowly to the count of four.
Exhale "ahhh" slowly to the count of six.

This helps you feel more capable and actively reduces stress.

4

Walking Meditation

Feeling overwhelmed? Try this.

Walk at a natural pace.
When your mind wanders, focus on the feeling of your feet contacting the ground.
Think of something that made you smile today.

Sometimes we feel frustrated when we can't change things. This can help you grow from a difficult situation.

5

Outside In

Want to be more present? Try this.

Sit with your eyes closed.
Take in the many outside sounds: birds, cars, people.
Breathe and switch your focus to the sounds and feelings inside of your body.

This exercise brings attention to the experiences of our outer environment and slowly guides us to our inner environment.

6

Positive Self Talk

Have you practiced self-kindness today? Try this.

Think of a negative thing you might say to yourself.
Challenge your mind to change it to a positive thought.
Write down five things you do well and one thing you are working hard on.

You are worthy of self love. Embrace it!