

# 4 MINDFUL MICRO-ACTIONS FOR PARENTS

## STRESS LESS + HAVE MORE TO GIVE

### FIND CALM IN THE STORM WITH 4-7-8 BREATHING




**4** INHALE for a slow count of 4

**7** HOLD that breath for 7 counts


**8** EXHALE for a slow count of 8


*repeat 3 times and see how you feel*


### 5 Senses Mindful Moment A Simple Technique to Relieve Stress

**5** things you can see 

**4** things you can hear 

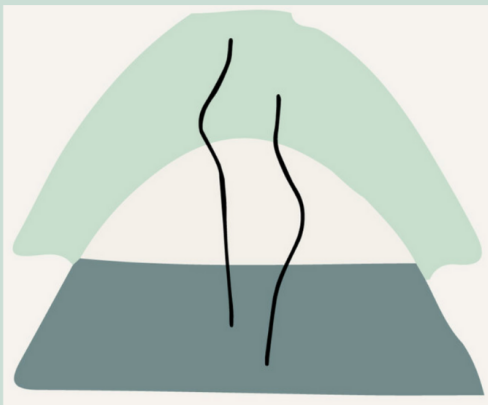
**3** things you can smell 

**2** things you can feel 

**1** thing you can taste 

### Body Scan

A Mindfulness Tool to Relieve Stress

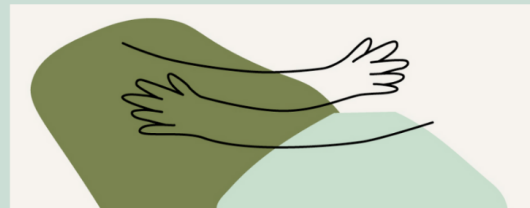


1. Get comfortable
2. Bring awareness to your feet
3. Notice any intense sensations or discomfort
4. Breathe into the tension and allow it to dissipate
5. Continue scanning until you reach your head

### Self-Compassion Mantra

A Surprisingly Powerful Technique for Calmer More Mindful Parenting

*This is hard.  
I'm doing my best.  
I'm a good parent.*



Wild Peace