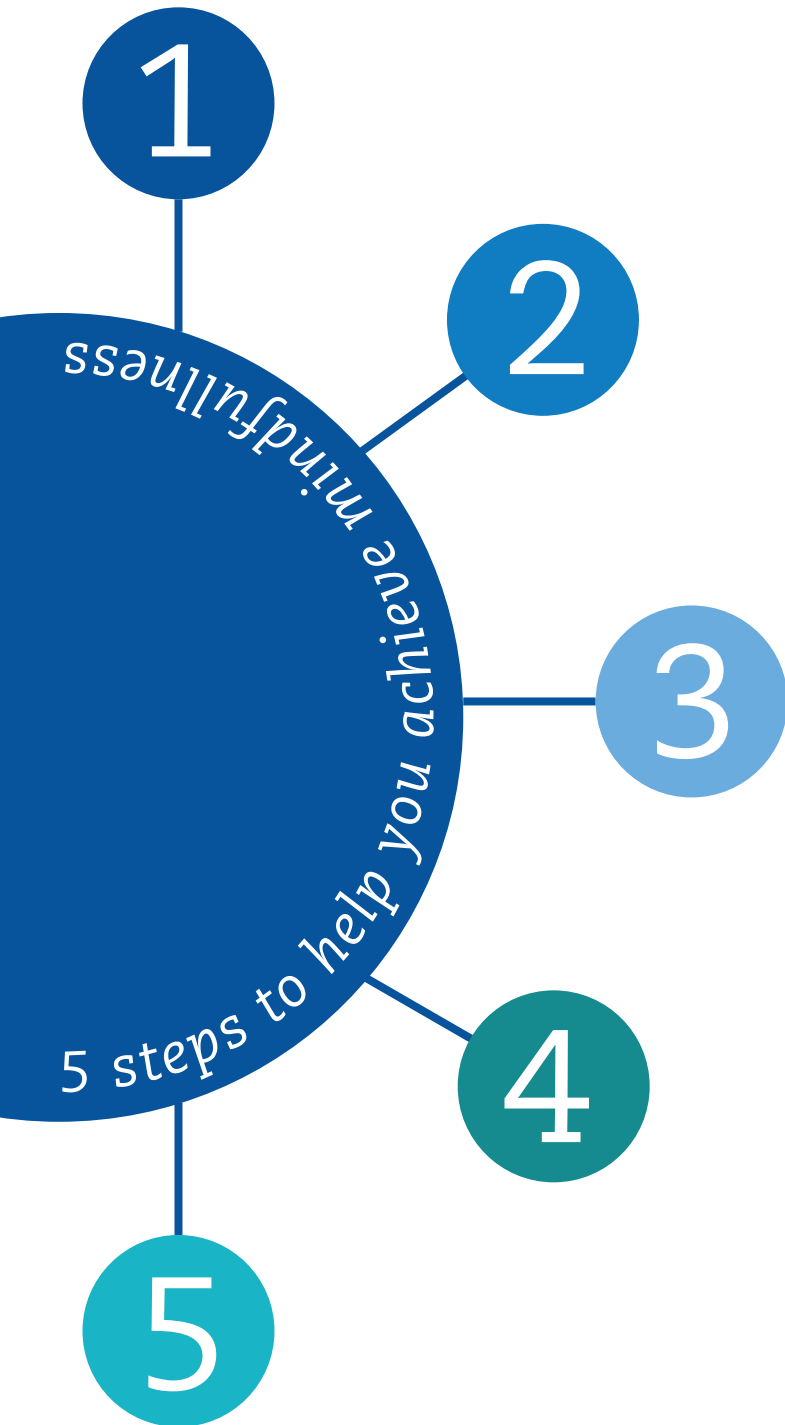




AUSTRALIAN DENTAL
ASSOCIATION

SOUTH AUSTRALIA

MINDFUL CHECK-UP



INSTANT CALM BREATH

Take a deep breath - hold for 3 seconds. Now breathe out as slowly and as quietly as you can. Repeat 3 times. Notice how you feel afterwards.

GROUNDING

Press your feet down and notice the connection of your feet with the ground. Shift your weight from left to right, noticing where your body feels grounded and balanced. Shift your attention to the sensation of your feet on the ground.

SHOULDER ROLLS

As you breathe in, raise your shoulders up high under your ears - hold your breath and push your shoulders back, trying to touch your shoulder blades together. Then as you breathe out, release your shoulders back to resting position. Do this often throughout the day to reset your posture.

GO OUTSIDE

Have you seen the sky today? Take a minute to go outside and notice the feel of the air on your skin. Notice the smells in the air. Notice the sounds around you.

4, 5, 6 BREATH TECHNIQUE

Breathe in for the count of 4, hold for the count of 5, breathe out slowly for the count of 6 - pause. Repeat several times. Notice if you feel calmer and more grounded.

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