

A MINDFUL MINUTE

Ask your patient to place a finger on the line where it says “present”. Your patient should aim to notice when their mind wanders to the past or future for a minute and move their finger on the line accordingly. They can easily repeat this simple exercise at home with just a peice of paper to boost their mindfulness.



Cadence
Psychology

T - 0478 876 678
E - change@cadencepsychology.com.au
W - cadencepsychology.com.au
A - Suite 1204, 83 Mount St, North Sydney