

# Mindfulness Workout: 10-Minute Mental Reset

Workout of the month: October



## Warm-Up (2 mins): Grounding

- Sit or lie down comfortably.
- Close your eyes and take 3 deep breaths—in through the nose, out through the mouth.
- Feel the weight of your body supported by the ground.
- Gently scan your body from head to toe, noticing any tension.

## Cardio (3 min): Breath Focus

- Inhale for 4 counts, hold for 4, exhale for 4, hold for 4 (box breathing).
- Repeat this cycle for 3 minutes.
- If your mind wanders, gently bring it back to your breath—no judgment.

## Strength Training (3 mins): Affirmation Reps

- Silently repeat a calming affirmation with each breath:
  - Inhale: "I am calm"
  - Exhale: "I am strong"
- Choose your own mantra if you prefer—something that empowers or soothes you.
- Repeat with intention, like reps at the gym for your mind.

## Cool Down (2 mins): Visualization Stretch

- Picture a peaceful place—beach, forest, mountaintop.
- Imagine the sights, sounds, and smells.
- Let your body relax into that space.
- End with a gentle smile and a final deep breath.