

# 5-Minute Mindfulness for Mums

Quick Stress Relief for Busy Mums  
(Check off each practice as you go!)



## Morning Grounding

- Take 3 deep breaths before getting out of bed
- Set a simple intention for the day (e.g., "I am calm, I am enough")



## Mindful Coffee / Tea Break

- Focus on the aroma, warmth, and taste of your drink
- Pause, breathe, and enjoy the moment without distractions



## 5-4-3-2-1 Grounding Reset

When feeling overwhelmed:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you tast



## Tips & Reminders

Even 5 minutes counts!

Focus on presence, not perfection

Breathe deeply whenever you feel stressed

Small daily practices create lasting calm



## Mindful Movement

- Notice your breath and body while walking, tidying, or folding laundry
- Let each movement become a moment of calm



## Evening Gratitude Pause

- Reflect on one small moment that made you smile today
- Write it down or hold it in your heart



## Reflection / Notes

(Write down thoughts, wins, or gratitude from your day)

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