

Mindful Moments for Clinicians

Your students thrive when you do. Take a few intentional pauses this fall to recharge and refocus. These quick practices can be used between sessions—or even with your students.

Mindful Moments:



Two-Minute Breathing Reset

Inhale for 4 counts, hold for 2, exhale for 6. Repeat 4 times.



Stretch Break: Stand, roll your shoulders, and reach arms overhead. A 30-second reset makes a difference.



Grounding with 5-4-3-2-1: Notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste. Brings calm quickly.



Positive Cue Card: Write one encouraging word or phrase on a sticky note (like “You’ve got this!”) and keep it nearby.



Mini Gratitude Pause: Think of one student success or small win from today. Hold onto that feeling before moving on.

Take care of yourself so you can better care for your students. Keep this guide nearby as a daily reminder to *pause, breathe, and recharge.*