

Mindfulness Exercises Guide By Ryan Zofay

This guide contains powerful mindfulness exercises I personally use and teach to clients in transformation workshops and recovery programs. These practices help reduce anxiety, regulate emotions, deepen awareness, and build inner peace.

1. Mindful Breathing Exercise

Inhale for 4 seconds, exhale for 6 seconds. Repeat 10 times.

2. Box Breathing

Inhale 4, hold 4, exhale 4, hold 4.

3. Grounding Exercise

Identify 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.

4. DBT Wise Mind Exercise

Place your hand on your heart and ask: "What is my wise mind telling me right now?"

5. Quick 2-Minute Mindfulness Reset

Sit still, breathe slowly, observe sounds and sensations without judgment.

6. Mindful Eating Exercise

Eat one small piece of food slowly while noticing texture, flavor, scent, and sensation.

7. Body Relaxation Scan

Starting at the feet, relax each muscle group slowly up to your head.

Links & Resources:

Visit RyanZofay.com for more guides:

- Mindfulness Guides: <https://RyanZofay.com>

- Emotional Healing Tools: <https://RyanZofay.com>

- Workshops & Events: <https://RyanZofay.com>

RyanZofay.com