

10 Guided Mindfulness Prompts



Mindfulness helps integrate the mind and body by directing attention to the present moment. It helps us notice patterns in our thoughts and actions, increasing our self-awareness.

Find a comfortable seated position and choose one of the questions below. Take three deep breaths to allow the upper body to relax and the eyes to close. Reflect on the question for 2-3 minutes while continuing to take deep, mindful breaths. Take three deep breaths and gently reopen your eyes. Notice how you feel.

What does being calm look like to you?

What is your current energy level? What is possible for you at this level?

What is at the core of your being as the person you are today? How can you strengthen your connection to this inner core?

At this very moment, what do you need the most? How can you start to obtain it within the next five minutes, ten minutes, and thirty minutes?

When was the last time you did something for the very first time?

Which parts of your body are most affected by stress? What are some experiences that trigger these sensations? How can you approach yourself with kindness?

What messages are you giving your inner dialogue? How can you be gentle with yourself today?

Which activities are most engaging to you? Why do you think this is?

What was something difficult you faced today? How did you handle it?

Is there a specific moment you felt particularly present today?

For more mindfulness resources, scan this QR code!



Questions?

Contact us at smt-d-wellness@umich.edu