

# Mindful Moments

## Rinse and Repeat

*With hand-washing, focus on one sense at a time*



**Look** at your surroundings and then focus on one spot



**Listen** to the sound of the water rushing from the faucet



**Smell** the fragrance of the soap



**Feel** the warm water in between your fingers



**Breathe** in and out in counts of five



## Give Yourself A Break

**STOP**

When You're Feeling Anxious or Stressed

**TAKE A BREATH**

To Pause the Action

**OBSERVE**

Your Thoughts, Emotions, and Feelings

**PROCEED**

With One Action to Support Yourself



**HAP**

The Hospital + Healthsystem  
Association of Pennsylvania