

MINDFULNESS MENU

Mindfulness is a practice that can help build resilience and has been proven to decrease stress, improve sleep, and help regulate emotions (among other things!). There are many ways to practice mindfulness, both alone and in community. Mindfulness can also be practiced separate from or in conjunction with religious or spiritual customs, and can be seen throughout history in a variety of faith traditions and practices, including Catholicism. Below is a list of practices for you to explore and try.

- Choose a practice from this article: [Three Ways to Practice Everyday Mindfulness \(The Grotto Network\)](#)
- Choose a practice from the [Calm App](#)
- Choose a practice from the [Hallow App](#) (Catholic Meditation)
- Pray the Examen: [McGrath Institute: How to Pray the Examen](#) or [Reimagining the Examen](#) (App)
- Spend 15 minutes in [meditative or contemplative prayer](#) in a chapel or at [Eucharistic Adoration](#) in the Coleman-Morse Center Chapel
- Practice [Gratitude](#) (Mindful.org) - 5 Minutes
- Pray the [Rosary](#), [Divine Mercy Chaplet](#), Jesus Prayer, or other devotional prayers
- Try a [Body Scan](#) (Mindful.org) - 3 Minutes
- Meditate on a scripture passage using [Lectio Divina](#)
- Take a [Self-Compassion Break](#) (Self-Compassion.org) - 5 Minutes
- Move around with a [Walking Meditation](#) (Mindful.org) - 8 Minutes
- Pause for daily reflection with [Pray-as-you-go](#) (web or app) - 10-13 Minutes
- Take a [Deep Breath](#) (Headspace) - 1 Minute
- Practice mindfulness/meditation to help with sleeping:
 - [A Meditation for Easing into Sleep](#) (Mindful.org) - 22 Minutes
 - [Meditation for Sleep](#) (Headspace) - 11 Minutes
 - [Guided Meditation for Sleep](#) (Headspace) - 1 Minute
 - [Switching Off for Sleep](#) (Headspace) - 1 Minute
- Try out a [Meditation for Stress](#) (Headspace) - 11 Minutes

