



Finding Peace & Purpose Every Day

Mindfulness & Meditation Practices for Everyday Calm

1. Mindful Breathing

Sit comfortably, close your eyes, and breathe in slowly through your nose, feeling your chest rise. Exhale slowly through your mouth. Count to 4 on each inhale and exhale. Focus on your breath and how it feels moving in and out of your body. Repeat for 5-10 minutes.

2. Gratitude Reflection

Each morning or evening, think of three things you're grateful for. These could be small things, like a warm cup of tea, the sound of birds, or a call from a friend. Focusing on gratitude can lift your mood and bring joy to your daily life.

3. Body Scan Meditation

While seated or lying down, bring your attention to each part of your body, starting at your toes and moving up to the top of your head. Notice any areas of tension, breathe into those spots, and relax them. This practice can help reduce stress and ease physical discomfort.

4. Simple Visualization

Imagine a place that brings you peace – a quiet forest, a beach, or your own garden. Picture the sights, sounds, and smells around you. Spend a few minutes here to calm your mind and feel at ease.

Home Care Supports Mindful Aging

Home care services help seniors make mindfulness and meditation part of their daily routine. Our caregivers offer gentle support, creating a calm environment. They assist with mindful activities, such as setting up a peaceful space or joining you for a calming walk. With home care, seniors have the companionship and encouragement needed to enjoy these mindful practices and enhance their overall wellbeing.

Contact us today to learn how our home care services support your journey with joy and purpose.



Assisting Hands®
Home Care

West Houston, Katy & Surrounding Areas

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