

ADHD Mindfulness Techniques Worksheet

Overview

This worksheet is designed to help individuals with ADHD practice mindfulness techniques, promoting focus, emotional regulation, and overall well-being. Mindfulness involves paying attention to the present moment without judgment, fostering a sense of calm and awareness.

Mindfulness Techniques Practice Log

Strategy	Date	Duration	Experience	Reflection
Mindful Breathing				
Body Scan Meditation				
Mindful Walking				
Mindful Eating				
Thought Journaling				

Instructions:

1. **Select a Technique:** Choose a mindfulness technique to practice.
2. **Record Details:** Note the date, duration, and your experience with the technique.
3. **Reflect on Practice:** Reflect on how the practice affected your focus, mood, and overall well-being.
4. **Review Regularly:** Review your practice log to identify patterns and areas for improvement.

These handouts are designed to provide clients with practical tools and techniques that they can use to manage various mental health issues. Each handout is structured to offer a comprehensive understanding of the techniques, allowing clients to practice and implement them effectively in their daily lives. Feel free to adjust and expand on these materials to suit your specific needs and preferences.

Schedule your mental health appointments at www.theappointments.ca

Mindful Breathing Exercise

Objective: To calm the mind and enhance focus by paying attention to breathing.

Steps:

1. **Find a Comfortable Position:**
 - Sit or lie down in a comfortable position with a straight back and relaxed shoulders.
2. **Focus on Your Breathing:**
 - Take slow, deep breaths in through the nose and out through the mouth.
 - Pay attention to the sensation of the breath entering and leaving the body.
3. **Notice Distractions:**
 - Acknowledge any wandering thoughts without judgment and gently return your focus to the breath.
4. **Practice Regularly:**
 - Aim for 5–10 minutes daily to build mindfulness skills.

Reflection Questions:

- How did you feel before and after the exercise?
- What distractions did you notice, and how did you handle them?
- How can you incorporate mindful breathing into your daily routine?

Body Scan Meditation Exercise

Objective: To develop body awareness and relaxation by focusing on different body parts.

Steps:

1. **Find a Quiet Space:**
 - Lie down comfortably with your eyes closed.
2. **Focus on Each Body Part:**
 - Start from the toes and slowly move up to the head, paying attention to sensations in each area.
3. **Notice Tension or Discomfort:**
 - Acknowledge areas of tension and consciously relax those muscles.
4. **Maintain Steady Breathing:**
 - Keep a steady breathing rhythm throughout the practice.

Reflection Questions:

- What sensations did you notice during the body scan?
- Were there any areas of tension or discomfort? How did you address them?
- How can you use body scan meditation to enhance relaxation and focus?

Mindful Walking Exercise

Objective: To incorporate mindfulness into daily activities by paying attention to movement and surroundings.

Steps:

1. **Choose a Quiet Path:**
 - Select a walking path that is free from distractions.
2. **Focus on Movement:**
 - Pay attention to each step, the movement of your legs, and the contact with the ground.
3. **Engage Your Senses:**
 - Notice the sights, sounds, and smells around you as you walk.
4. **Stay Present:**
 - If your mind wanders, gently bring your focus back to the present moment.

Reflection Questions:

- How did mindful walking affect your awareness of your surroundings?
- What distractions did you encounter, and how did you refocus?
- How can you incorporate mindful walking into your daily routine?

Mindful Eating Exercise

Objective: To cultivate awareness and appreciation of food by focusing on the eating experience.

Steps:

1. **Choose a Quiet Environment:**
 - Eat in a setting free from distractions like TV or smartphones.
2. **Engage Your Senses:**
 - Notice the colors, smells, and textures of your food before eating.
3. **Eat Slowly:**
 - Take small bites and chew thoroughly, savoring each flavor.
4. **Pay Attention to Hunger Cues:**
 - Notice feelings of hunger and fullness, eating until satisfied but not overly full.

Reflection Questions:

- How did mindful eating affect your enjoyment of food?
- Were you more aware of hunger and fullness cues?
- How can you practice mindful eating in your daily meals?

Thought Journaling Exercise

Objective: To increase self-awareness and emotional regulation by documenting thoughts and feelings.

Steps:

1. **Set Aside Time Daily:**
 - Dedicate 5–10 minutes each day for journaling.
2. **Record Thoughts and Emotions:**
 - Write about thoughts, feelings, and experiences without judgment.
3. **Identify Patterns:**
 - Reflect on recurring themes or patterns in thoughts and emotions.
4. **Practice Gratitude:**
 - Include daily reflections on positive experiences or things you are grateful for.

Reflection Questions:

- What patterns or themes did you notice in your thoughts?
- How did journaling affect your emotional awareness and regulation?
- How can you use thought journaling to enhance self-awareness and growth?