



A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

Daily Mindful Mandala Journal

Materials:

Paper

Crayons, Oil Pastels, or Markers (your choice)

1. Complete mindful breathing / centering exercise;
let go of what you were just doing and let go of where you need to be next.
If need be, engaged in body scan; deep-breathing exercise
2. Pay attention to what is coming up; just notice - let go of judgements
3. Take paper, plus whatever material you may have. Draw large circle that fills up entire page.
4. Without judgement, use colors, line, form and shapes that mirror what your thoughts, feelings and body are experiencing.
5. Spend at least 20-30 minutes engaging in the process, paying attention to what is coming up in your body.
6. After exercise is complete, spend time looking and reflecting on what came up. Be curious.
7. Lastly, date art reflection and write down three or four emotions that came up.
8. Repeat tomorrow!

