



Next Gen

LIVE!

Feb 22-24, 2026 | Raleigh, NC

Mindfulness

G R O W . C O N N E C T . L E A D .

What is Mindfulness?

Mindfulness is...

The practice of focusing your attention on being fully present and aware of your thoughts, feelings, and surroundings.

Enhancing focus, reducing stress, and cultivating self-awareness and compassion are just a few benefits.

In a world that is constantly fighting for our attention, pulling us in every direction - taking a pause is so important.

*Commonly found through meditation, movement, and... **creativity!***

Mindfulness Through Creativity

Creativity and Mindfulness

Exploring your creativity can be a great way to calm an overactive mind, helping to switch off the “noise”.

Creative activities like **doodling** and **journaling** naturally bring you into the present moment.

They allow you to focus on the process, and not necessarily the outcome.

Doodling 101

Why Doodling?

- ★ **Anchors your attention**, focusing on lines and shapes
- ★ **Interrupts mental noise**, intentional shift off autopilot
- ★ **Combats perfectionism**, no need to create a masterpiece
- ★ **Grounding**, through hand movements, pen to paper
- ★ **Encourages curiosity**, exploring and observing instead of overthinking

Just a few...

Ways to Doodle

The 30 Second Doodle

Set 30 seconds on a timer and draw continuously. ***No erasing!***
Pick something you love to doodle, or follow a prompt.

- ★ Interrupts overthinking, brain switches from “**thinking**” to “**observing**” mode.
- ★ Creates ***embodied awareness***, grounding through pen to paper
- ★ Practice letting things be as they are, no perfection just acceptance

how do you disengage
from the
digital
opad? +
prevent
digital burnout?

VISUAL journal →
collecting inspo from
weirdly places

analog
creativity

- ✦ journaling
- ✦ collage
- ✦ coloring
- ✦ scribble
meditation

blank page
ANXIETY

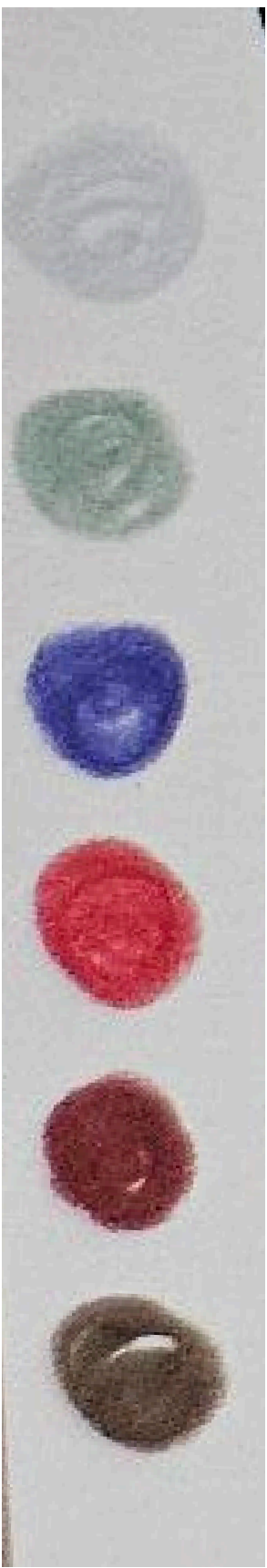
creativity for
mindfulness
brain dump

JOURNAL SNACKS
to resist

Coloring Books

This is the perfect exercise for unwinding after work. There are so many fun coloring books out there to give a try!

- ★ Deepens focus on a singular task, grounding your attention into the present
- ★ Slows the body, giving you a safe space to relax and explore emotions through colors
- ★ Encourages intentional choice: color selection, mediums - bringing awareness



Let's practice!

Journaling 101

Why Journaling?

- ★ **Creates a ritual**, a grounding habit that keeps you present
- ★ **Directs attention inward**, noticing new thoughts and feelings
- ★ **Supports reflection**, deeper observation over judgement
- ★ **Cultivates intention**, choosing what memories we focus on

Just a few...

Ways to Journal

Morning Pages* / Brain Dump

Closing the “tabs” in our brains

Take 10-15 minutes to free write ***everything*** that comes across your mind.

No overthinking here! **Write as fast as your hand will take you, don't worry about being messy.** This is about the process.

- ★ Clears mental clutter, allowing you to focus on the present
- ★ Creates space for awareness, frees your mind

Junk Journal

Someone else's trash....

Went to a cafe that had cute business cards? Got a sticker from your fave tradeshow booth? Grab some glue and paste away!

- ★ Slows down the mind through ***sensory anchoring***
- ★ Brain switches from “***perform***” to “***explore***” mode
- ★ Collecting bits and scraps throughout the day creates mindfulness in the present, pasting them in creates a grounding end of day ritual

Let's practice!



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GROW. CONNECT. LEAD

Thank you!