

A GUIDE FOR MINDFULNESS

Safety & Wellness Guides for Queer Zimbabweans

In a world that often demands urgency and survival especially for those navigating it as queer, trans, or gender-diverse people mindfulness becomes more than a practice. It becomes a soft rebellion. A way to slow down, reconnect, and remind yourself: you are here, you are alive, and that is enough. These mindfulness practices are invitations. To notice. To breathe. To come back to yourself in small, meaningful ways.

Mindfulness Practices for Everyday Grounding

- Pause & Notice the Now

Wherever you are, stop and tune into your senses.

- Name five things you can see
- Four you can touch
- Three you can hear
- Two you can smell
- One you can taste or imagine tasting

Let this sensory check-in ground you in the moment and remind you that your body is a compass, always bringing you home.

Mindful Eating or Cooking

Whether you're stirring soup or sipping tea, turn a daily routine into a ritual. Feel the texture of each ingredient, smell the spices, listen to the sizzle. As you eat, chew slowly and notice the flavors.

Offer yourself gratitude: for your body, your nourishment, and your ability to care for yourself in this way.

Walking as Meditation

Take a walk no destination needed. Choose a space where you feel safe, even if it's a quiet sidewalk or garden. With each step, notice how your feet connect with the ground. Observe trees, shadows, graffiti, flowers growing through concrete.

Let the world mirror you: growing, changing, surviving, still beautiful.

Anchor Objects

Keep a small object with you a smooth stone, a piece of jewelry, a fabric scrap that reminds you to pause. When you touch it, let it be a cue to take a mindful breath and come back to yourself.