

What is it?

Mindfulness is a state of nonjudgmental awareness of what's happening in the present moment, including the awareness of one's own thoughts, feelings, and senses.

What are the benefits of mindfulness?

- Reduce symptoms of depression and anxiety
- Greater satisfaction with relationships
- Improved memory, focus, and mental processing speed
- Reduced rumination (repetitively going over a thought or problem)
- Improved ability to adapt to stressful situations
- Improved ability to manage emotions

Mindfulness Practice

Note: Mindfulness is a state of mind, rather than a particular action or exercise. However, without practice, mindfulness is difficult to achieve. These techniques are designed to help you practice.

Mindfulness meditation

Sit in a comfortable place, and begin paying attention to your breathing. Notice the physical sensation of air filling your lungs, and then slowly leaving. When your mind wanders – which it will – simply notice your thoughts, and turn your attention back to breathing.

Mindfulness Walk

While walking, make a point to practice mindfulness. Start by noticing how your body moves and feels with each step. Then, expand your awareness to your surroundings. What do you see? Hear? Smell? Feel? This technique can also be expanded to other daily activities.

Body Scan

Pay close attention to the physical sensations throughout your body. Start with your feet, and move up through your legs, abdomen, back, arms, hands, neck, and face. Soften your jaw. Let your facial muscles be soft. Then notice your whole body present. Take one more breath. Be aware of your whole body as best you can. When you're ready, open your eyes.

Five Senses

Make a conscious effort to notice the present moment through each of your senses.

- 5 things you see
- 4 things you feel
- 3 things you hear
- 1 thing you taste
- 1 thing you smell

Meditation Apps (IOS or android):

