



BENEFITS OF MINDFULNESS

- CAN HELP RELIEVE STRESS
- CAN LOWER BLOOD PRESSURE
- CAN IMPROVE SLEEP
- CAN BOOST RESILIENCE
- CAN REDUCE AGGRESSION
- CAN REDUCE RUMINATION
- CAN IMPROVE YOUR MEMORY & FOCUS
- CAN ENHANCE MENTAL FUNCTIONING
- CAN INCREASE EMOTIONAL CONTROL
- CAN DECREASE SYMPTOMS OF DEPRESSION

WAYS TO PRACTICE MINDFULNESS

- 1. MINDFUL BREATHING:** Sit or lie down in a comfortable, quiet location. Take a slow, deep breath in. Hold for three counts. Exhale. Repeat. Focus on your breathing. If you notice your mind start to wander, gently redirect it to your breath.
- 2. MINDFUL EATING:** Turn off and quiet all distractions while you eat. Take a bite and slowly chew. Take note of different textures, the temperature, and the flavor. Be mindful of all the people, resources, and effort it took to bring this piece of food to you today.
- 3. BODY SCAN:** Sit or lie down in a comfortable, quiet location. Start at your head and work your way down. Draw your attention to each body part and take notice of how they feel. Feel each area fill with your breath. Relax any tension.
- 4. DEEP LISTENING:** The next time you converse with someone, give them your full attention. Listen with intent and purpose. Be present during the conversation. Be caring and respond earnestly.

TIPS TO REMEMBER WHEN PRACTICING MINDFULNESS

- BE CONSISTENT WITH YOUR PRACTICE.
- IT'S OK FOR YOUR MIND TO WANDER. JUST BE AWARE THAT YOUR MIND IS WANDERING.
- THE GOAL IS NOT FOR YOU TO "QUIET" YOUR MIND.
- THE GOAL OF MINDFULNESS IS SIMPLY TO BE AWARE OF YOUR THOUGHTS, FEELINGS, AND SURROUNDINGS.
- BE KIND TO YOURSELF.