



MINDFULNESS



Mindfulness is the simple act of recognizing what's going on inside of ourselves and what's going on around us, in the present moment and without judgement. Mindfulness is a tool that helps us manage thoughts and emotions, notice more of what's happening in a situation, and immerse ourselves in the present moment as it unfolds.

We can think of mindfulness as two parts: attention and curiosity.

Attention means that we take time to focus our attention and awareness on physical sensations, thoughts that come up, or the environment around us.

Curiosity means that we notice things that come to our attention without judging. We are interested in the experience without trying to change it.

Are you ready to try mindfulness? Here are some simple ideas to try:

- Bring mindfulness to your meals. Instead of eating in front of the TV or computer, really focus on what you're eating and enjoy each bite.
- Bring mindfulness to your commute. Try to turn off distractions and stay in the present moment sometimes on your commute to school or work, or while walking the dog.

- Bring mindfulness to work or school. Check in with yourself a few times throughout the day. What are your thoughts like? How does your body feel?
- Bring mindfulness into your relationships. If you're talking with friends and loved ones face-to-face, put away phones or other distractions. Really listen to what they're saying, and pay attention to how it makes you feel. Enjoy each other's company without judgements or expectations.
- Bring mindfulness to observations. Really focus your attention on something you see or pass every day. Take note of what emotions or thoughts come up.
- Bring mindfulness into sensations. Spend one full minute simply following your own breath. When your mind wanders or thoughts come up, take note and gently guide your attention back to your breath. With practice, you can try to challenge yourself by adding more time.
- Practice on a regular basis. It's by practicing regularly that we develop the skills we can use in our daily lives. Commit to a few minutes of focusing on the breath once a day for a week. Take note of how you feel at the end of the week.

