What is Mindfulness?

Mindfulness means paying attention to the present moment, without judging or trying to change it. This involves observing your thoughts, feelings, and sensations without getting caught up in them.

✿ Key Elements

Awareness	Acceptance
Noticing your thoughts, feelings, and sensations as they happen. The goal isn't to stop thinking— it's to become aware of your experience, rather than getting lost in it.	Noticing your experience without judging or trying to change it. For example, if you notice a feeling of anxiety, simply state to yourself: "I notice I'm feeling anxious."

♥ Benefits

✓ Decreased depression and anxiety

✓ Improved memory and focus

✓ Improved resilience to stress

✓ Greater satisfaction in relationships

✓ Less overthinking or obsessing

✓ Improved ability to manage emotions

◎ Practices

Mindfulness Meditation	Mindfulness Walk
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.	Practice mindfulness while walking. First, notice how your body moves and feels with each step. Then, expand your awareness to your surroundings. What do you see, hear, smell, and feel? This technique can also be used during other daily activities.
Body Scan	**Five Senses**
Pay close attention to the physical sensations throughout your body. Start with your feet, and move up through your legs, groin, abdomen, chest, back, shoulders, arms, hands, neck, and face. Spend anywhere from 15 seconds to 1 minute on each body part.	Simply pay attention to each of your senses, one after the other, noticing… • **5** things you see • **2** things you smell • **4** things you feel • **1** thing you taste • **3** things you hear