

## Introduction to Mindfulness

Mindfulness is the practice of becoming aware of the present moment, through a lens of kindness and nonjudgment. Mindfulness involves bringing awareness to thoughts, sensations, or emotions during everyday activities. Mindfulness is accessible because it can be practiced anywhere, by anyone, for any amount of time.

## Ways to Practice Mindfulness

- eat a meal without distractions
- go for a mindful walk
- sit in mindful meditation
- pay attention in conversation with others
- mindful check-ins: what am I thinking right now? What sensations are present in my body?
- cooking, cleaning, singing, dancing, yoga with awareness of the moment



## Potential Benefits of Mindfulness

- reduced stress and anxiety
- increased self-acceptance
- improved attention during tasks
- reduced impulsivity

### For more information:

Greater Good Science Center at the University of Berkeley. (n.d). What is Mindfulness? Retrieved May 17, 2022 from <https://greatergood.berkeley.edu/topic/mindfulness/definition>

Canadian Mental Health Association.

(2018, December 05) Mindfulness. <https://cmha.ca/brochure/mindfulness/#:~:text=Research%20shows%20that%20mindfulness%20can,our%20own%20lives%20more%20clearly>