

What It Is and How to Practice

What is Mindfulness?

Mindfulness is the practice of becoming aware of the present moment, through a lens of kindness and non-judgment. 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 conversations 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



IMPROVED

- ◆ attention during tasks
- ◆ self-acceptance

REDUCED

- ◆ stress and anxiety
- ◆ stress impulsivity



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>

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