

# Mindfulness

“observation without judgment”

## Awareness

Notice your thoughts, feelings, and physical sensations as they happen. This is less about clearing the mind or eliminating thoughts, and more about flexibly paying attention to your experience in this moment.

## Acceptance

Open up & make room for unwanted thoughts, feelings, emotions, memories, sensations, etc. Allow them to freely flow through you, not latching on to or trying to change any particular one.

## Benefits

- Improved focus, memory, & processing speed
- Reduction of symptoms of stress, anxiety, & depression
- Improved ability to cope with & adapt to stressful situations
- Improved emotional regulation & management
- Reduction of negative self-talk spiraling

START

Breathing



Breathing is a great tool for bringing yourself back to the present moment due to it being constant & ever-present. It is accessible to all, and can be effective in a variety of situations. By choosing to become aware of it, you can

☺ reduce stress ☺ increase calm ☺ increase focus ☺ increase gratitude

and even release muscle tension/increase the flow of oxygenated blood to muscles, which **improves physical performance.**

To practice, feel the natural flow of breath...

.....in.....out.....in.....out.....in.....out.....in.....out.....

No need to change anything, simply tune in to the sensations, one breath at a time.

## Five Senses

Ground yourself in the moment by answering these questions:



What do you see?



What do you hear?



What do you feel?



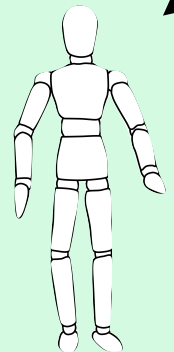
What do you smell?



What do you taste?

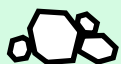
## Body Scan

Pay close attention to the physical sensations throughout your body. Starting with your feet, gradually move up through your legs, pelvic area, abdomen, chest, back, shoulders, arms, hands, neck, and face. Spend as long as you need on each section. **This process helps to cultivate awareness** around any tension, pain, discomfort, etc.



## Meditation

Meditation is one of many forms of mindfulness. Sitting or lying down, focus on the breath as a tool to ground yourself in the present moment.



Your mind will wander, but recognize that distractions are natural. Allow them to pass by, and simply return to the breath.

Be curious, not judgmental.

Be compassionate with yourself.  
This is a process.

## QUICK TIP: The 3-Second Rule

- 1 Take 3 seconds to mindfully notice your mind: what thoughts, feelings, and/or emotions are present?
- 2 Take 3 seconds to mindfully notice your body: scan your whole body, observing what feels normal, different, loose, tight, hurt, etc.
- 3 Take 3 seconds to mindfully notice your heart rate and breath: become aware of the connection between your heart rate and breathing