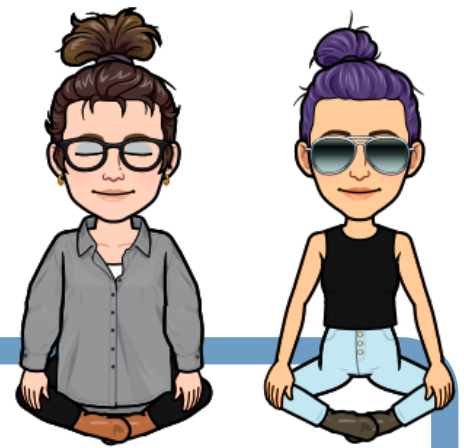


Mindfulness



What?

Mindfulness is the ability to be fully present and aware. It involves attending to what you are sensing and feeling, without judgment. It focuses attention away from negative thoughts/ experiences. Mindfulness is a learned tool and every one has the potential to use it.

When?

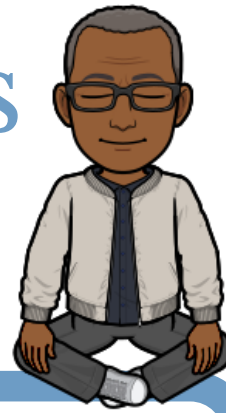
You can practice mindfulness anytime! It is commonly used when individuals are experiencing stress, anxiety, pain, or having difficulty sleeping. As well, mindfulness can be used before or during tasks that require attention and focus, or are cognitively demanding.

How?

Some mindfulness techniques include body scanning, deep breathing, visualization and yoga. Unstructured techniques include accepting yourself, living in the moment and being attentive. Apps like Calm, YouTube, Headspace and Spotify have mindfulness exercises.



Mindfulness Practice



Find a quiet, relaxing and comfortable spot.

Choose a mindfulness practice . Perhaps a script, a video, or maybe you know the technique from memory.

If you find your mind drifting, that is okay. Recognize the thought, and then slowly bring yourself back to the present moment.

The more you practice this skill, the easier it will become!