

# Mindfulness

*Imagine for a moment how much more productive and satisfying life may be once you learn to fully attend to the present moment, wherever and whenever that may be.*

Unlock the power of being fully present.

When we're constantly busy and judging our performance in life, work, and relationships, we can easily become stressed. This pressure and consistent negative thinking puts you at a greater risk of anxiety and depression.

Excessive planning and problem solving can be taxing. Mindfulness redirects you away from these thoughts so you can start living in the moment.

Mindfulness is a meditative, relaxation practice that focuses you on the present moment and your senses. Mindfulness reflects on these experiences in a non-judgmental way.

## WHY PRACTICE MINDFULNESS?

There are many benefits to incorporating

mindfulness into your life. From an emotional and physical standpoint, mindfulness helps fight depression, anxiety, and other mental health symptoms. Researchers have found that practicing mindfulness may improve your memory, your ability to learn, and your self-esteem. Redirecting your thoughts can help you feel better about yourself, take better care of yourself, and raise your mood.

Many times our minds dwell on past mistakes, fears, or even hopes for the future. Mindfulness helps us to stay in the present and keeps us calm enough to practice good decision-making.

## ACTION STEPS

Learn the meditative practice of mindfulness by following the steps listed:

### Focus and practice good breathing

- ✓ Sit up straight in a chair with your feet flat on the floor.
- ✓ Pay attention to what it feels like to breathe in and out.
- ✓ Relax your mind and dismiss other thoughts.

### Pay attention to your senses

- ✓ Focusing on your senses can help you feel calmer.
- ✓ Pay attention to what you hear, see, and smell.
- ✓ Direct your mind away from stressful thoughts and towards the present moment.

### Look at what's familiar

- ✓ Focus on an object you use or

encounter every day.

- ✓ Look at it with fresh eyes, in a way you've not noticed it before.
- ✓ You might find a new appreciation for the world when you stop and truly pay attention.

### Listen carefully to others

- ✓ Truly listen to people you're meeting for the first time.
- ✓ Hear what they're saying with new ears; consider what they're trying to convey.
- ✓ Imagine how they might experience the world differently than you do.

### Delay judgment of others

- ✓ Take the opportunity to discover what's special about the individual.
- ✓ Look for opportunities to learn from others who have different beliefs and values.
- ✓ Restrain your first impressions and remain open to learning from another.

## KEEP IN MIND

Mindfulness enables us to live life more fully through tuning in to the present and tuning out all that otherwise competes for our attention. It takes time and practice. Remember, you're not alone when it comes to figuring out how to develop and practice mindfulness in your life. Consider engaging a life coach or counselor for guidance on next steps.

***What steps will you take today to start experiencing the fullness of the present moment?***