Mindfulness, a focused awareness on the present, allows you to live in the moment without distraction and judgement. The result? Mindfulness can help:

- **RELIEVE** anxiety and stress
- **BOOST** engagement in activities and create a greater capacity to deal with adversity
- **CREATE** deeper and richer connections with others
- **SUPPORT** some medical conditions (e.g., chronic pain, high blood pressure, sleep problems)
- **DEVELOP** a focused awareness on the present instead of worrying about the future or fixating on the past
5 ways to practice mindfulness:

1. **FOCUS ON BREATHING.** Focus on taking deep breaths, feeling the air moving in and out of your body, and letting your awareness of everything else fall away.

2. **DO ONE ACTION MINDFULLY.** Set aside multi-tasking. Try focusing on one single activity at hand. Do you accomplish more in less time?

3. **MAKE THE FAMILIAR NEW AGAIN.** Take a moment to be very mindful of simple activities, such as brushing your teeth or eating a piece of fruit, paying close attention to your senses and your body’s reactions.

4. **PAY ATTENTION.** Focus on a conversation, giving the other person your full attention and see how the conversation changes, hopefully for the better.

5. **SPEND TIME WITH A CHILD OR PET.** Both are experts at living in the moment and can help us do the same. Or spend time outdoors, taking time to fully appreciate nature.

How will you practice mindfulness?

Once this week, pick one activity to try:

- Be mindful during a simple activity (e.g., eating a snack, taking a walk)
- Take a two-minute deep breathing break
- Take a moment to fully notice surroundings during a walk
- Set aside multi-tasking and instead focus on one task

Curious about other mindful techniques?
Visit [www.helpguide.org](http://www.helpguide.org) (search “mindfulness”) to learn more about mindfulness practices.