

# Mindfulness

Stop, breathe, and focus on the moment  
This can be done anywhere, at any time



## Why be Mindful?

- Mindfulness can ...
- Improve focus and memory
  - Relieve stress and anxiety
  - Increase emotional balance
  - Strengthen relationships
  - Better your physical health
  - Enhance self-awareness



## How can I be Mindful?

- Take some deep breaths
- Listen to calm music
- Write out your thoughts
- Go for a walk
- Spend some time in nature
- Declutter your space
- Put your phone in airplane mode



## Tips & Tools

- Sit quietly
- Focus on your breath
- Inhale and think peaceful thoughts
- Exhale and release any tension in your body
- Yawn and stretch for 10 breaths throughout the day



## Practice Active Listening

- Focus on what is being said
- Put away any electronics
- Position yourself at eye level
- Resist the urge to interrupt
- Try not to be judgmental



## Build Mindful Connections

- Say hello while looking at someone
- Smile and speak with a kind tone
- Ask questions and listen to the answers
- Repeat or rephrase to ensure you heard what was said

## Practice Positive Self-Talk

- Think of 3 good things that happened today
- Answer the questions ...
- What did I overcome today?
  - When did I smile?
  - Where did I feel peace?
  - Who did I help?



Talk to yourself like you would talk to your friends!

## H.A.L.T

Think about how you feel, do you feel ...

- H**ungry
- A**ngry
- L**onely
- T**ired (sick)



## 5 Senses Exercise

- What can I ...
- Hear
  - Smell
  - Feel
  - See
  - Taste