

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

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

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?