

JULY 11, 2018



*"THE ABILITY TO BE IN THE PRESENT MOMENT
IS A MAJOR COMPONENT OF MENTAL WELLNESS."*

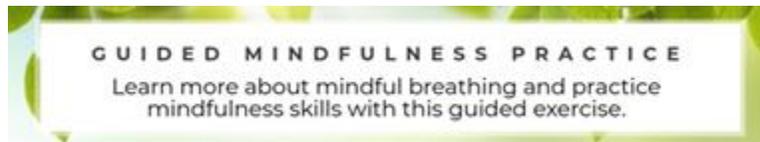
- ABRAHAM MASLOW

MINI MINDFUL MOMENTS: Mindfulness is paying full attention to what is going on in the present moment. It is a *simple* concept, but it is not always *easy*. Mindfulness may seem overwhelming and even a little bit "out there," but it is okay to start small. Try adding mini mindful moments while completing mundane tasks in your life. Focus on being present while brushing your teeth, sitting in traffic, typing an email, or waiting in line. Pay close attention to the sights, sounds, smells, tastes, and feels of these everyday activities. Small, consistent acts of mindfulness add up to create a healthier, calmer mind.

MINDFUL BREATHING: Take some deep breaths. Breathe in through your nose to a count of four, hold for one second, and then exhale through the mouth to a count of five. Repeat often.

MINDFUL WALKING: Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.

MINDFUL EATING: Sit and savor your food. Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.



Mindfulness Breathing Link: https://ggia.berkeley.edu/practice/mindful_breathing

SOURCES: <https://newsinhealth.nih.gov/2012/01/mindfulness-matters>; https://ggia.berkeley.edu/practice/mindful_breathing