

Mindfulness

What is mindfulness?

- Mindfulness is noticing your thoughts and feelings as they happen.

Practicing mindfulness can help you:

- Learn how to accept stressful feelings and changes in mood.
- Deal with pain.
- Stay focused on what is happening in the moment.
- Make choices in your daily lives with more purpose.
- Treat yourself and those around you with kindness.

Ways to practice mindfulness:

Activity	What it is	How to do it
Grounding Skills	Grounding skills help bring you back to the present moment.	Take deep breaths Focus on objects in the room Notice your feet touching the floor Go on a walk Talk with a friend
Eating Mindfully	Eating mindfully helps you to become more aware of the food you are eating.	Use your 5 senses to learn about your food Notice the foods color, texture, smell, and taste Take note of these things as you eat and reflect on it afterwards
Breathing Exercises	Breathing exercises are good for helping you focus and connect with the present moment.	Sit up straight. Close your eyes Pay attention to how your body is feeling and what thoughts you are having Focus on each breath in and each breath out