

# What is mindfulness?

Mindfulness means paying attention to whatever is happening around you. It also involves keeping a gentle and open mind. The key is to be “present” in the moment you are in right now. Mindfulness doesn’t have to involve chanting, bowing, sitting cross-legged or burning incense.

## How do I practice mindfulness?

One way is to just meditate. Sit quietly and focus on your breathing, thoughts, feelings, and the world around you. You can also do this while driving, being active, and even eating.

## How can practicing mindfulness help me?

There are many benefits to being mindful--and some of them might surprise you. You may find that mindfulness can:

- Lower your stress and make you calmer
- Allow you to think more clearly and solve problems better
- Help you meet the demands of your day
- Help you be more patient with yourself and others
- Make you feel happier

## All it takes is 5 minutes

A little mindfulness goes a long way. Just five minutes of practicing it can have a big impact on your day. If that seems like too much, just pause and pay attention to your breathing a few times as you go about your daily tasks.



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help you be more  
patient with yourself  
and others**

See other side for tips on how to practice mindfulness.

# Tips for being mindful

Here are some simple ways to stay mindful throughout your day:

1

When you wake up, take a few minutes to lie in bed and stretch your body. Notice how you feel.



2

Drive to work with the radio off. Notice your thoughts and feelings as you drive. If someone cuts you off or you are sitting in traffic, take a breath.



3

As you walk to the office, pay attention to your feet connecting with the ground, even for just a few steps.



4

Try to sit down and relax when you eat your lunch, even if it's just for five minutes. Notice the color, texture and smell of your food.



5

As you talk to people, notice the impact they have on you. Be aware of how your words and attitudes are impacting others.



6

Notice if your bedtime routine is relaxing or busy. Think about your state of mind when you get into bed.



Source:

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