



### **What is mindfulness?**

Mindfulness is being fully present in the moment. A sense of awareness, presence...

1. Paying attention to the sensations of the breath
2. Paying attention to the physicality of your body
3. Observing the thoughts in your mind non-judgmentally

### **Benefits May Include:**

Feeling more focused, effective, happier; less stress; change the way you think about life.

### **Mindfulness Meditation - One-Minute Mindfulness (length of time your choice)**

- Check your watch and note the time
- For the next 60-seconds focus your attention on your breath
- Leave your eyes open and breathe normally
- As you notice your mind wandering, return your attention to your breath
- Keep in mind this is not a contest or a personal challenge
  - You can't fail at this, you can only experience it

### **Mindfulness Meditation – Conscious Observation**

- Choose an object that you have lying around
- Hold it in your hands and allow your attention to be fully absorbed by the object
- Observe it
- Don't assess it or think about it, or study it intellectually
- Observe it for what it is
- You'll feel a sense of heightened "nowness"
- Conscious observation is a form of meditation that is subtle but powerful

### **Walking Meditation**

Enjoy the benefits of walking – health and endurance

Enjoy the benefits of meditation – awareness and mindfulness

In a walking meditation the act of walking is your focus

### **Additional Resources**

Guided meditation and mindfulness app: [www.HeadSpace.com](http://www.HeadSpace.com)

Free meditation app: <https://insighttimer.com/>