

What is this mindfulness everyone's talking about?

Mindfulness can be done anytime and anywhere. We're often practicing mindfulness without even realizing it! Every time we pause and **pay attention to what's happening around us and inside ourselves in the present moment in a curious, non-judgmental way**, we're being mindful.

Try one of these simple mindfulness practices:

- Place a hand on your stomach and feel it rise and fall as you breathe in and out
- Notice and name 3 objects in your environment that are circular (or square, red, etc.)
- Balance on one foot for 30 seconds to 1-minute, noticing any thoughts that come up (Try it again with your eyes closed!)

What mindfulness isn't...

- Just about focusing your attention
- Always relaxing
- An "it's all good" mindset
- Something that can only be done sitting still

What mindfulness is...

- Attention to the present moment
- Being aware of what we're feeling without labelling it good or bad
- Noticing all the layers of our experiences
- A mindset that can be applied to any activity (ex. breathing, moving, making art, playing a sport)



LOWER STRESS & ANXIETY



BUILD FOCUS



IMPROVE SLEEP



MANAGE EMOTIONS



IMPROVE MENTAL & PHYSICAL HEALTH



IMPROVE SELF-ESTEEM

BENEFITS



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