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WEEKLY WELLNESS AND COUNSELING
NEWSLETTER PRESENTS...

Practicing Mindfulness

Feeling overwhelmed and stressed is a common reaction to life events. Research suggests that mindfulness is effective for reducing anxiety and stress while also increasing overall emotional wellbeing.



What Is Mindfulness?

Mindfulness is the practice of paying attention to what is happening to you from moment to moment. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

To be mindful, you must slow down and bring awareness to your thoughts, feelings and actions, without attaching judgment to them. When we feel stressed, it is easy to focus solely on problems and simultaneously be blind to any positive experiences.





Ways to Practice Mindfulness

PRACTICING MINDFULNESS EXERCISES CAN HELP YOU DIRECT YOUR ATTENTION AWAY FROM NEGATIVE THINKING AND HELP YOU ENGAGE WITH THE WORLD AROUND YOU.

- *Pay attention.* It can be hard to slow down and notice things in a busy, chaotic world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste.
- *Focus on your breathing.* Instead of letting your mind spin off into yesterday, today, or tomorrow, take mindful breaths. Focus on slowly inhaling and exhaling. Draw attention to your breathing, and sense the effects of breathing throughout your body.
- *Live in the moment.* Try to intentionally bring an open, and accepting attitude to everything you do. Find joy in simple pleasures.
- *Accept yourself.* Treat yourself the way you would treat a good friend.
- *Take a time out.* When feeling stressed or overwhelmed, go for a walk. A break might change your thought cycle and alter your perspective.



Here are a few...

Structured Mindfulness Exercises

- *Body scan meditation*- Sit comfortably. Take a deep breath in through the nose, and out through the mouth. As you breathe out, close your eyes. Notice how your body feels right now. Starting at the top of the head, gently scan down through your body, noticing what feels comfortable and what feels uncomfortable. Remember, you're not trying to change anything, just noticing how the body feels as you scan down evenly and notice each and every part of your body, all the way down to your toes. Click [here](#) for more details.
- *Sitting meditation*- Be seated on a cushion or chair, taking an erect yet relaxed posture. Gently close your eyes and begin by bringing a full, present attention to whatever you feel within you and around you. Let your mind be spacious and your heart be kind and soft. As you sit, feel the sensations of your body. Then notice what sounds and feelings, thoughts and expectations are present. Allow them all to come and go, to rise and fall like waves of the ocean. Visit [website](#) for more details.
- *Walking meditation*- Focus closely on the physical experience of walking, paying attention to the specific components of each step. As you start to walk, notice how your body feels. Tune into what's going on around you — passing cars, other people, window displays, trees, the movement and still of things, or any other sights that come into your awareness field. Click [here](#) for more information.





For more information on Mindfulness:

Check out these handy resources!

Phone Apps

- Insight Timer
- Headspace
- Calm
- Smiling Mind
- Stop, Breathe & Think

Useful websites (Just click)

- [Help Guide - benefits of mindfulness](#)
- [Self-Compassion Break – 3 Components of Self-Compassion](#)
- [Mindful](#)
- [Very Well Mind- Body Scan](#)
- [Mayo Clinic- Mindfulness Exercises](#)

