

MINDFULNESS



Mindfulness practices allow us to become immersed in the present moment. Anxiety and depression often try to anchor us either too far in the past or too far into the future. Mindfulness can help shift our attention to our current thoughts, feelings and surroundings- providing a powerful opportunity for self reflection, increased body and environment awareness and a deeper understanding of who we are at our core- our most authentic self.

For students, this practice can dramatically improve attention, focus and self regulation- all of which are associated with personal, academic and professional success.