

WHY MINDFULNESS MATTERS

Mindfulness is paying attention, on purpose, in the present moment -
without judgement or interpretation.



Mindfulness can improve mood and overall sense of well-being.

Mindfulness reduces stress.

Reduced stress improves immune system functioning.

It can reduce symptoms associated with anxiety, depression,
and addictive or compulsive behaviors.

Mindfulness improves mental clarity and focus.

Therefore it can support more intentional and effective action.

Mindfulness reduces reactivity.

Therefore it may improve relationship with self and others.

A mindfulness practice can improve self-confidence.

Mindfulness supports increased, quality sleep.

A mindfulness practice

Sit anywhere. Set a timer for 10-20 minutes. Close your eyes or soften your gaze. Spend several minutes paying attention to any and all **sounds** that you can hear. When you find that your mind has drifted off into thought, bring your attention back to sounds. Next, spend several minutes noticing **sensations** on and within the body. When you find that your mind has drifted off into thought, bring your attention back to sensations. Last, turn your attention specifically to the sounds and sensations of your **breath**. When you find that your mind has drifted off into thought, bring your attention back to the breath. Repeat until the timer sounds.

Rise slowly.

For best results, is recommended to practice mindfulness for 10-20 minutes per day.