

# HOW TO PRACTICE MINDFULNESS

Practicing mindfulness involves being fully present and aware of your thoughts, feelings, bodily sensations, and the environment around you.

## WHY PRACTICE MINDFULNESS:

- Reduces stress and anxiety
- Improves focus and attention
- Supports emotional regulation
- Boosts Well-Being

## SIMPLE TIPS FOR PRACTICING MINDFULNESS IN YOUR DAILY LIFE

### Mindful Breathing

Focus on your breathing for a few minutes each day to help clear your mind and manage stress

### Body Scan

Take a minute to check in with your body during breaks, noticing any tension and consciously relaxing those areas

### Pay attention to your senses

Notice what you see, hear, smell, taste, and feel in the moment to help ground yourself and stay present.

