




MINDFULNESS


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INTRODUCTION

As we move through different stages of life, we experience significant changes. We become more self-aware and place greater value on our relationships, both personally and professionally. Along with these shifts come new responsibilities, whether at work, in our families, or in other areas of life.

How others perceive us often gains more importance, and we start to recognize the expectations people place on us. While this heightened awareness and increased responsibility can bring growth and new opportunities, they can also lead to challenges such as negative self-talk, anxiety, pressure, and stress. Our minds are skilled at wandering or spiraling into unhelpful thoughts. This is where practicing mindfulness can be incredibly beneficial.



WHAT IS MINDFULNESS?

Mindfulness is the practice of giving your full attention and focus to the present moment. The aim is to be aware of what you are sensing, feeling, and thinking without judgement.



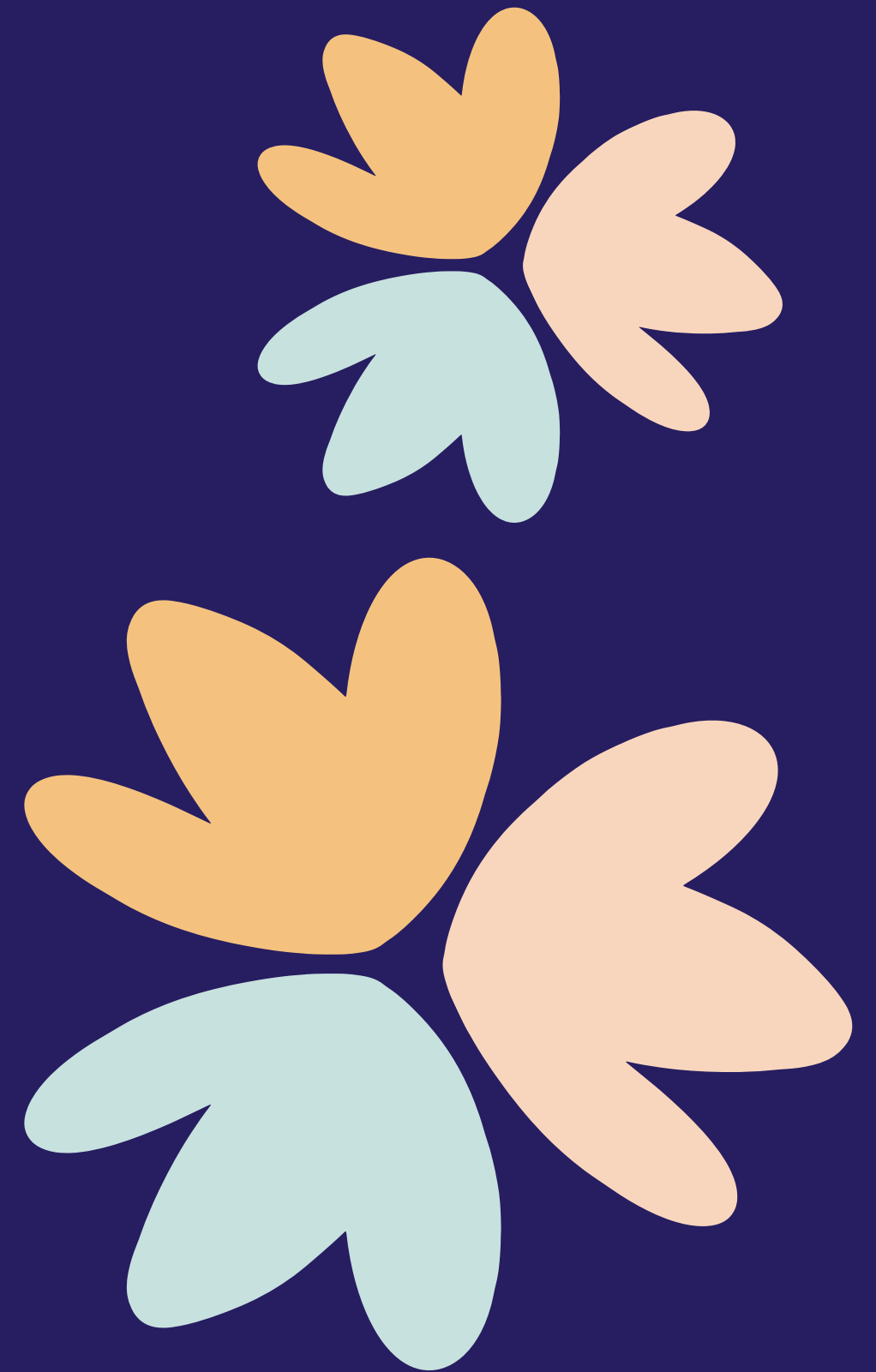


WHY TRY MINDFULNESS?

When our minds wander or we start on a path of negative thinking, mindfulness can help us refocus on where we are, what we are doing, and how we are feeling. It lets us redirect our attention, brings awareness to what is happening in the present moment, and allows us to control our thoughts, our emotions, and our reactions.

BENEFITS OF MINDFULNESS

- Reduces stress
- Improves focus and concentration
- Helps regulate our emotions
- Increases self-awareness and empathy for others
- Fosters resilience
- Helps us overcome negative thinking
- Improves overall well-being



CREATING SPACE

When we get frustrated, angry, or overwhelmed, we may react before thinking about why we are having that emotion or the consequences of our actions.

Impulsive reactions can make a problem worse.

Mindfulness gives us space between experiencing an emotion and responding to it. When we give ourselves a moment to process our emotions and thoughts, we allow ourselves to be aware of our response and control our behavior.



PRACTICING MINDFULNESS

Mindfulness is not just meditation or sitting still in a quiet room. In fact, we can practice mindfulness just about anywhere. Let's look at some ways you can start.

OBSERVE YOUR SURROUNDINGS

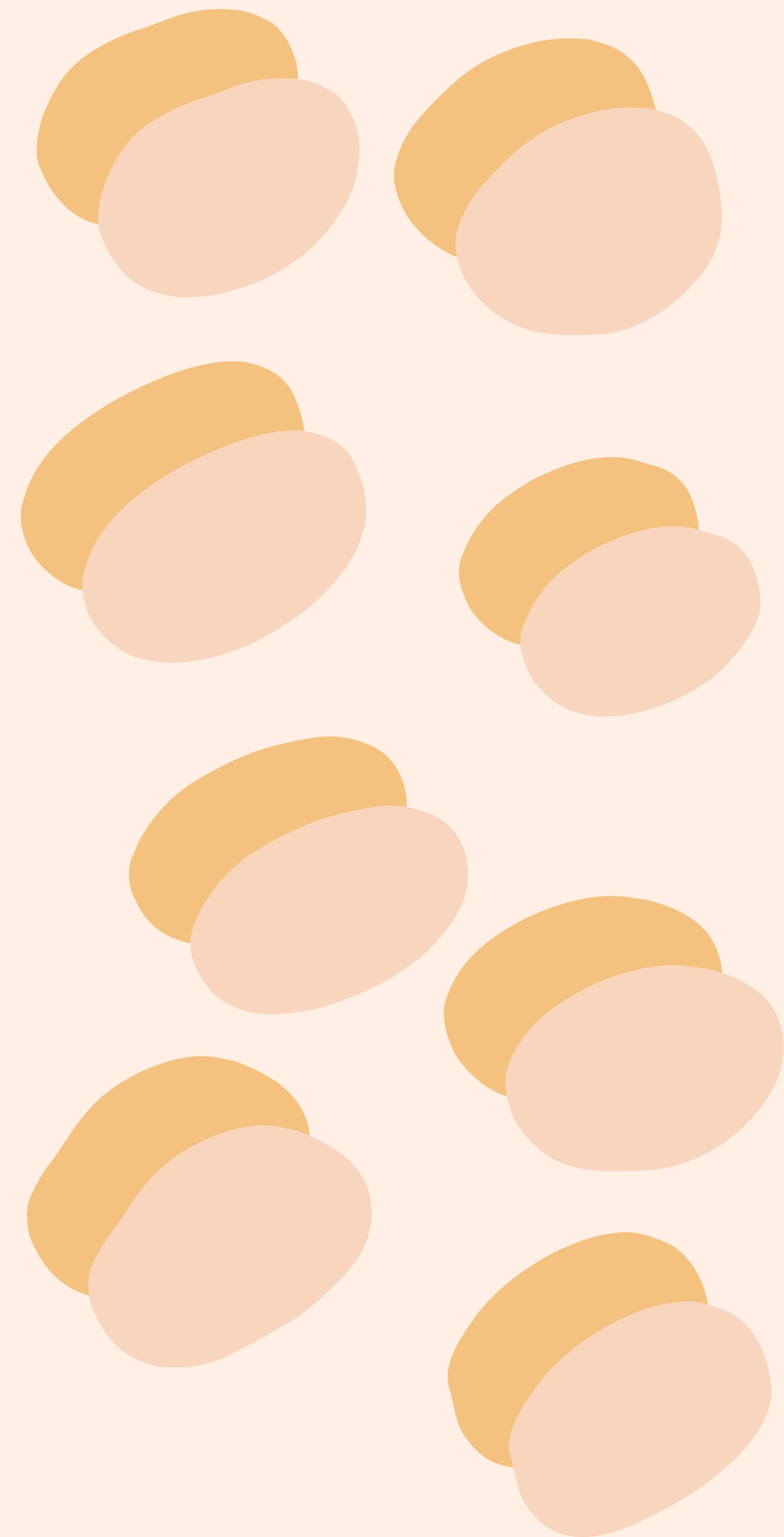
To practice mindfulness, take notice of what is around you at this moment, without making any judgements about it. What do you see, hear, and feel?

You should be aware of any emotions you are experiencing but try not to focus on them. Just allow them to sit with you.

EAT MINDFULLY

Try eating without any distractions. This means paying complete attention to the food you are enjoying. What textures, smells, and tastes do you notice?

Eating mindfully allows us to savor our food and take time to appreciate it.






FIND AN ACTIVITY YOU ENJOY

Mindfulness can be practiced during any activity that allows you to focus and give your full attention to. You can listen to music and take notice of the different instruments and beats. You can create an art project and pay attention to the materials, colors, and textures.

When you stay fully engaged in the moment, it allows you to steady your thoughts and emotions.





CLOSING THOUGHTS

Mindfulness takes practice, but it is not meant to be overwhelming or stressful. In fact, you don't have to be in a state of calm to be mindful.

Take a few minutes a day to focus on the moment. In time, mindfulness can help you feel more engaged and improve your well-being.