

MINDFULNESS

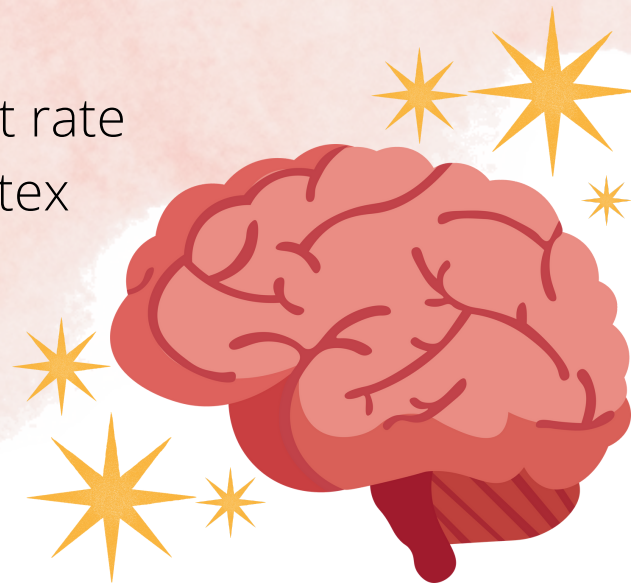
What is mindfulness?

Mindfulness means being present in the current moment. Instead of worrying about the past or the future, mindfulness encourages us to use our 5 senses (taste, touch, sight, smell, sound) to focus on what we are feeling and experiencing right **now**. It is all about paying attention to the present moment in an accepting and non-judgmental manner.

What are the benefits of mindfulness?

Practicing mindfulness has many benefits for our mental and physical health including:

- decreased stress
- improved emotional regulation
- improved focus and attention
- decreased blood pressure and heart rate
- growth of the brain's pre-frontal cortex
- increased ability to solve problems



5 SENSES MINDFULNESS EXERCISE

Use this exercise to help bring yourself into the present moment when feeling big emotions!

5 THINGS YOU CAN SEE

4 THINGS YOU CAN HEAR

3 THINGS YOU CAN FEEL

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE