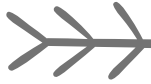




Mindfulness



Benefits



Relieve stress

Increase focus and awareness

Improve sleep

Help lower blood pressure

Reduce rumination

Reduce anxiety and depression



One Minute Exercises



Mindfully eat chocolate: Slowly eat a piece of chocolate. Feel how it feels in your mouth and how it tastes. Use all your senses and smile.

S.T.O.P: Stand up and breathe. Tune in to your body by scanning your body and noticing your sensations and emotions. Observe your surroundings and be grateful for it. Be Positive and think about new possibilities.

Mindful breathing for one minute: Close your eyes and notice your breath. Place your hand on your stomach to feel it rise and fall as you breathe. Keep your attention focused on breathing in and out.