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# MINDFULNESS

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State of being fully conscious in the present moment and aware of one's emotions, thoughts, bodily sensations and surrounding environment. Observing these thoughts and qualities without judgment.

A few ways to bring mindfulness into your life:

1. Meditation
2. Breathing
3. Body Scanning
4. Mindful moment practice

## Benefits of Mindfulness

Lowering stress levels – hormones

Improves concentration

Reducing blood pressure

Decreases age related cognitive decline

Boosting immune system

Improves sleep

Shown to mitigate  
depression/anxiety/ADHD

A 2011 study showed that mindfulness meditation can actually change the structure of your brain. With eight weeks of Mindfulness-Based stress reduction (MBSR) participants had growth in the brain in areas associated with learning, memory and emotional regulation. On top of that the area associated with stress/fear/anxiety was shown to have a reduction in volume. Additionally, the participants reported an improvement in their psychological well-being.

## **How to start Meditating? It's easy**

1. Set aside some time and find a quiet space (it does not need to be free of noise), find a place to sit floor or chair where your body feels relaxed.
2. Observe the present moment- aim to pay attention to the moment and thoughts that arise without judgment. Bring your attention to your breath focus on inhale then exhale; attempt over a few moments to deepen your breath.
3. Let judgment roll by-when judgment arises just let it go.
4. Attention may wander- when it does just bring your attention back to the present moment without judgment.
5. Be kind to your wandering mind- you will build your attention over time.

Resources:

[www.Mindfulness.org](http://www.Mindfulness.org)

Headspace App- 10 minute guided meditation app, free 10 day trial available

UCLA Mindful Awareness Research Center- free guided meditations

[www.mindfulnessri.org](http://www.mindfulnessri.org) RI Community of Mindfulness

[www.mindbodygreen.com](http://www.mindbodygreen.com) Meditation courses available