

# Live in the moment!

These days, a lot of people are talking about mindfulness. But what exactly is mindfulness?

Here's some info so you can better understand why mindfulness can be so valuable and how you can try it!

## What is mindfulness?

Mindfulness is paying attention to your present moment with an attitude of openness and curiosity. It's pausing to experience what's happening within and around you and it can help lower your stress, be more patient, and think more clearly.

## What's the difference between mindfulness and mindfulness practice?

Mindfulness is about being fully present in the moment. It's something you can bring to any moment in your day. Mindfulness practice—also called meditation—is an exercise that strengthens your ability to be mindfully present throughout the day.

## What's a simple and effective mindfulness practice?

Simply close your eyes and pay attention to the sensation of your breathing. When you get distracted away from the breath, notice that your attention has wandered. Then, gently bring your awareness back to the breath. Try this for five to ten minutes. Observe your thoughts without judging them as good or bad.

## How often should I practice being mindful?

Just a few minutes a day has been shown to be very beneficial. To start, practice mindfulness for 10 minutes three times this week and see what happens!



**Practicing mindfulness for 10 minutes a day can make you a less stressed and more resilient person!**

See the other side for how to practice a simple mindfulness exercise.

# Take a pause and improve your well-being.

## Try this simple mindfulness exercise

**1**

Stop and place your feet on the ground.

**2**

Feel your feet in contact with the floor.

**3**

Bring your attention to your breathing.

**4**

Follow your breath in and out 7 times.

**5**

Notice how you feel now.

**6**

Try this 3 times each day.

