WHAT ARE THE BENEFITS?

Reducing
- Stress
- Anxiety
- Blood pressure
- Weight
- Gastrointestinal distress symptoms
- Addiction
- PTSD
- Pain
- Insomnia
- Depression
- Healthcare cost

Improving
- Flexibility and balance
- Sleep
- Cardiovascular health
- Concentration
- Memory
- Immune system
- Self esteem
- Energy
- Mood
- Self-Control
- Diabetes control

LOCAL MINDFULNESS RESOURCES

Evolution Physical Therapy & Yoga
Community Mindfulness Practice
When: Sundays, 6:30-8:30 p.m.
Email: newleafsangha@gmail.com
Price: Free

Center for Mindful Learning
Sunday Talk and Meditation
When: Sundays, 5:00-7:00 p.m.
Where: 173 N. Prospect
Price: $10

FREE APPS AVAILABLE
ON MOST MOBILE DEVICES

Headspace
Mindfulness Coach
Stop, Breath, & Think
Calm

A healthy body begins with a healthy mind, and a healthy mind begins with mindfulness.
What is Mindfulness?
The ability to pay attention to the present moment, to be aware of where we are and what we’re doing, and not overwhelmed by what’s going on around us.

Practicing Mindfulness
Whenever we bring awareness to what we’re directly experiencing or to our state of mind via our thoughts and emotions, we’re being mindful.

“Right” vs. “Wrong” Way
There is NO wrong way! Some people prefer to be mindful by focusing on their breathing, others like to focus on what they are feeling, seeing, or smelling. Most importantly, be aware of your experience in the moment and without judgment accept your thoughts in that moment.

Without Judgement
Means that if you’ve decided to focus on breathing for 5 minutes and if during that time you start thinking about dinner or stressful events from your past, you shouldn’t feel angry or upset with yourself for not focusing on breathing for that second. Instead, accept that you had an extra thought while trying to focus on breathing and then let it go.

The 5 Senses Exercise
1. Notice 5 things that you can see. Look around you and become aware of your environment. Try to pick out something that you don’t usually notice.
2. Notice 4 things you can feel. Bring attention to the things that you’re currently feeling, such as the texture of your clothing or the smooth table you’re resting your hands on.
3. Notice 3 things that you can hear. Listen for and notice things in the background that you don’t normally notice. It could be the birds chirping outside or an appliance humming in the next room.
4. Notice 2 things you can smell. Bring attention to scents that you usually filter out, either pleasant or unpleasant. Catch a whiff of the pine trees outside or food cooking in the kitchen.
5. Notice 1 thing you can taste. Take a sip of a drink, chew gum, or notice the current taste in your mouth.

Progressive Muscle Relaxation
1. Find a quiet, comfortable place to complete this exercise where you will not be disturbed for 10-15 minutes.
2. Lying down will increase the chances of falling asleep.
3. Starting at the bottoms of your feet, take a slow, deep breath and squeeze the muscles as hard as you can for about 5 seconds. Tense the muscles enough that you feel it, but it is NOT painful.
4. After about 5 seconds, let all the tightness flow out of the tensed muscles. Exhale as you do this step. You should feel the muscles become loose and limp, as the tension flows out.
5. Remain in this relaxed state for about 15 seconds, and then move on to the next muscle group—the ankles or calves.
6. Repeat steps 2-4 with the next muscle groups

Muscle group order suggestion: 1) bottom of feet, 2) ankles or calves, 3) thighs, 4) belly, 5) shoulders, 6) back, 7) neck, 8) face and scalp

Breathing Technique
1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of four.
3. Hold your breath for a count of seven.
4. Exhale completely through your mouth, making a whoosh sound to a count of eight.

This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.