MINDFULNESS

Paying attention on purpose and without judgment

<table>
<thead>
<tr>
<th>Autopilot</th>
<th>VS.</th>
<th>Mindfulness</th>
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</thead>
<tbody>
<tr>
<td>Automatic thoughts &amp; feelings trigger unhelpful habits of mind &amp; lead us to react in unskillful ways.</td>
<td></td>
<td>Mindful awareness disrupts automatic tendencies and allows the space to choose a different response.</td>
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4,7,8,4 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.

Reduces
- ✓ Pain
- ✓ Stress
- ✓ Anxiety
- ✓ PTSD

Improves
- ✓ Cardiovascular health
- ✓ Sleep
- ✓ Concentration
- ✓ Mood

A healthy body begins with a healthy mind, and a healthy mind begins with mindfulness.