Mindfulness is the act of being intensely aware of what you’re sensing and feeling at every moment without judgement.

Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance.
Meditation and breathing exercises!

Steady your breathing and relax your mind for a healthier life!
MINDFULNESS CAN...

Relieve stress
Treat heart disease
Lower blood pressure
Reduce chronic pain
Improve sleep
Alleviate gastrointestinal discomfort
Help deal with depression and anxiety
Help control obsessive compulsive disorders
HOW TO MEDITATE

Find a quiet, comfortable place
Sit cross legged with your back straight, but not stiff
Soften your gaze or close your eyes
Notice what your arms and legs are doing, be still
Pay attention to your breath
Inhale deeply, make your stomach expand
Exhale slowly
Focus on your breathing

If your mind wanders, be aware of whether your thoughts are positive or negative. Bring your attention back to your breath.