

# MENTAL HEALTH TIP OF THE MONTH: MINDFULNESS

Counseling and Psychological Services

## WHAT IS MINDFULNESS?

Mindfulness is a meditation technique that involves learning to bring one's attention to the **present moment**. Instead of blocking away the thoughts that you experience, mindfulness meditation encourages individuals to **accept, non judgmentally**, the thoughts they are experiencing in the present moment. It also involves learning to be more aware of one's internal and external experiences during the time of meditation.

## MINDFULNESS IN EVERYDAY LIFE

As stated in the previous section, mindfulness is the practice of being **aware in the present moment**, so you can practice mindfulness during any activity that you do. Instead of worrying about what's next, take a second and appreciate what you are doing in the moment. The shower is a great place to practice mindfulness. The next time you shower, instead of planning your day while you are showering, pay attention to the sound of the water as it hits the ground, the texture and smell of the shower gel, and the temperature of the water. **Be mindful in your everyday activities!**

## IF YOU HAVE MORE TIME...

The best thing about mindfulness meditation is that you can practice it during almost any activity that you engage in, however, you can also practice mindfulness in a **traditional meditation style**. Try to find a place where you can sit down and meditate. It can be essentially **anywhere** you feel **comfortable**. While you are seated try to **relax** your arms and legs so that you are not tensed. While you are meditating bring your attention to your breathing and **let your mind wander** if it chooses to do so.

## BENEFITS

- improves sleep
- reduces the experience of chronic pain
- helps increase energy levels
- improves heart health
- stress relief
- increases concentration
- reduces anxiety and depression
- boosts overall mood and happiness



## MINDFULNESS PROGRAMS OFFERED AT UR

- Mindfulness Mondays at noon at the Wilton Center
- Qigong practice Wednesdays at 12:30 at the Wilton Center
- Zen meditation Sundays at 7 pm at the Wilton Center
- Mindfulness nature walk on Oct. 26th at 9 am
- Koru meditation