3 WAYS TO BE MINDFUL

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WHAT IS MINDFULNESS?

Originating in Buddhist traditions, mindfulness is the practice of paying attention to an aspect of your internal or external world.

The idea is to focus on the present moment and concentrate on what is happening around you. Being mindful requires being open-minded and non-judgmental - there are no right or wrong ways to think or feel.

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally... It’s about knowing what is on your mind.”

- Jon Kabat-Zinn

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MINDFULNESS BENEFITS

Boosts your immune system
Relieves stress
Increases positive emotions
Helps manage anxiety and depression
Improves memory and attention
Fosters compassion and altruism

Try out these three ways to be mindful!
When we're anxious, we can overbreathe by taking short breaths rapidly. Managing this overbreathing through breathing exercises can help manage anxiety.

Try mindful breathing:

1. Breathe in slowly through your nose. Try to breathe through your diaphragm or abdomen. You can practice this by placing a hand on your stomach.
2. Hold your breath for about 2 seconds.
3. Exhale through the mouth for about 4 seconds.
4. Before starting over at step one, wait a couple of seconds.
Mindful Yoga

Yoga is a great way to practice mindfulness because it requires you to focus your attention on your body sensations and breathing while doing the poses. You can meditate while in one of the poses, or you can use yoga as a warm-up before you start meditation.

Try these poses:

- Corpse
- Cat-cow
- Downward-facing dog
- Eye-of-the-needle pose
- Revolved abdomen pose
- Seated forward bend
- Mountain pose
- Sitting cross legged
- Warrior pose II
MINDFUL MEDITATION

Mindful meditation helps focus attention, bring awareness to bodily sensations, and manage emotions.

Try mindful meditation:

1. Find a quiet place to practice. This can be a whole room dedicated for meditation, the corner of a room, or a spot in your home where you are free of distractions.
2. Sit down on a chair, cushion, or the floor. Keep your back straight, but not rigid. Place your hands on your thighs and let your gaze rest on the floor in front of you.

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3. Turn your attention towards your breathing. Notice the feeling of your breath coming in and out of your body.

4. As you practice meditation, you may notice your mind wander. Acknowledge you’re having a thought or are feeling a particular emotion, then bring your attention back towards your breathing.

5. At first, try to practice for 10 to 15 minutes at a time. When you feel comfortable, try to increase this time to 20 to 30 minutes.