Mindfulness or mindful awareness can be described as moment-to-moment awareness of one’s experiences without judgement. In other words, knowing what you are experiencing while you are experiencing it. Practicing this, allows us to be more aware of our current thoughts, physical sensations, and emotions. This awareness frees us from automatic reactions and thoughts, judgments, attempts to control an outcome.

**BENEFITS**

Numerous research studies have shown benefits of mindfulness practices including:

- Reduced rumination associated with depression and anxiety
- Enhanced sense of relaxation, reduction in stress
- Boosts working memory, concentration, and focus
- Less emotional reactivity
- More cognitive flexibility
- Improved immune function

**Formal Mindfulness practices**
- Sitting meditation
- Mindful yoga
- Walking meditation
- Eating meditation
- Body scan
- Concentration

**Informal Mindfulness practices**
- Doing the dishes
- Taking a shower
- Releasing tension
- Drinking a beverage
- Feeling feet in shoes
- Driving
- 3 Breaths while opening emails