



Introduction to Mindfulness Webinar Handout

Mindfulness is learning to live more fully in the *present moment* without *judgment* and with an attitude of *curiosity, openness, and acceptance*.

Tips to practice mindfulness

- **Meditate daily**
Watch your breath as it enters and leaves your nostrils or causes your abdomen to rise and fall. Daily meditation can relieve your stress and enhance your thinking.
- **Eat mindfully**
Sit down to eat each meal. Lay your fork on the table between bites. Chew slowly. Savor your food's sight, taste and smell, so you can better enjoy and digest it.
- **Focus on one task at a time**
Practice moment-to-moment awareness in your everyday activities. Whether you're doing laundry, washing dishes, driving or cooking, give your full attention to each task.
- **Listen!**
Listen actively and mindfully to your coworkers, family members and friends. Strong relationships and broad community networks are good for your body and spirit.
- **Breathe**
Take frequent breaks and breathe deeply several times during your day. Diaphragmatic breathing fosters calmness and focus.
- **Spend time in nature**
Take a walk. Drink in nature's majesty. Use your senses. Take in the sights, smells and sounds surrounding you.
- **Eat healthy**
Nourish your body — and mind — with healthy food. Choose seasonal, colorful produce, packed with healthy phytonutrients.
- **Be still**
Allow time for silence and reflection each day. Avoid filling all your time with activities. Do a "news fast," forgoing online and TV news, and newspapers.
- **Practice Gratitude**
Write down five things you're grateful for at least three times a week. It's a wonderful way to come back to the present. (It feels good, too.)
- **Try a mindfulness app**
Many free apps are available for your inspiration — and convenience. Search "mindfulness" on your smartphone or tablet.

Resource: Cleveland Clinic (2019): <https://health.clevelandclinic.org/tag/mindfulness/>