

# What's MINDFULNESS?

"Awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."

| Dr. Jon Kabat-Zinn

The opposite of mindfulness?  
Autopilot.

Don't re-live the past or imagine the future – be here now

Be aware of your body

Notice your thoughts without judgment

Slow down

Improved focus

PROVEN BENEFITS

Increased empathy for others

More self-compassion

Enhanced performance

Pain management

Less negative thinking

Reduced anxiety and stress

Strengthened relationships

## 7 ways to incorporate mindfulness into your day

1. Breathe: 10 deep breaths are a great reset.
2. Be in the moment, no distractions.
3. Immerse yourself fully in an activity you love.
4. Express gratitude.
5. Practise self-compassion – celebrate you.
6. Get out in nature.
7. Participate in a mindful event on campus (workshop, yoga class).

### Did you know?

Mindfulness can be practised in different ways – seated, walking, standing or moving. You can practise it through meditation, when brushing your teeth, or walking to a class or meeting.

ANYTHING GOES!

### BONUS:

Look at the world with a beginner's mind – like you've never seen or experienced it before. Taste an apple, gaze up at the sky, feel the ground beneath your feet, as though it were the first time.