

How to Practice Mindfulness

TO REDUCE TENSION AND STRESS, INCREASE HAPPINESS, AND IMPROVE PHYSICAL HEALTH



Observe both inside and outside of yourself

Notice what is coming in through your senses (see, touch, taste, smell, hear). Observe what you are feeling, what you are thinking, and what you notice in your environment.

Describe only what you observe without interpretation

Put words into your experiences and label what you observe with words that come to mind right away.

Fully experience the moment

Focus your attention to only one thing at a time. Remove distractions and be present in the moment.

Be patient with yourself

Practicing mindfulness exercises takes patience. Aim to practice mindfulness everyday, whether you are indoors or outdoors.

