

UNITED *to* SERVE

CARNAVAL DE SALUD

WHAT IS MINDFULNESS

A non-judgmental awareness of what you feel and sense in the moment.

WHY BE MINDFUL

Mindfulness has many health benefits. It may help you focus, cope with stress, improve your relationships, and boost your memory.

HOW TO PRACTICE MINDFULNESS

1. Begin your morning with a list of 5 things you are thankful for. Be detailed!
2. Go for a 10 minute walk and notice all the smells, sounds, and sights around you. Look for animals and rocks. What is the weather like?
3. Find a comfortable sitting or standing position. For 5 minutes, concentrate on your breathing. Deep inhale (3 seconds), hold your breath (2 seconds), long exhale (4 seconds).

MORE HELPFUL RESOURCES:

<https://www.mindful.org/how-to-meditate-3/>

<https://www.uclahealth.org/marc/mindful-meditations>

