



Mindfulness

How can mindful practice help you? Here are just a few to start:

- Boosts your immune system
- Improves your quality of sleep
- Strengthens your brain, more specifically your gray matter, which is responsible for learning, memory, emotion regulation, and empathy
- Good for cognition and mind-set, such as increasing positive emotions and reducing depressive and anxious symptoms
- Improves focus, attentional skills, memory, and decision-making abilities
- Fosters compassion for not only yourself, but others
- Enhances satisfaction, optimism, and patience within relationships
- Improves self-concept and esteem
- Increases one's resiliency in uncertain times and situations

10 Ways to be Mindful at Home and at Work: (Adapted from [mindful.org/10-ways-mindful-work/](https://www.mindful.org/10-ways-mindful-work/))

1. Be consciously present

- Recognize the difference between conscious and unconscious engagement

2. Short and simple mindfulness exercises

- 1-5 minutes for mindfulness breath, positive self-talk, or focus on a positive place/event

3. Be a one task master!

- Keep an agenda, time block, check completed tasks off, [insert celebration]

4. Mindfully set reminders

- Set a timer or alarm to ensure PAUSE in your day, or a BREATH break
 - 5 minutes a day of positive self-focus and positive devotion has a significant impact

5. Slow down in order to speed up

- This may seem counter-intuitive when considering mindfulness is the heart of slow, however, the chance of efficiency increases with healthy self-care, focus, and rest

6. Perception is EVERYTHING

- Gratitude for the body's amazing capability

7. Find gratitude

- Finding gratitude in times of uncertainty, in situations that seem grim, can aid our ability to shift from the negative view-point to a positive one

8. Cultivate humility

- Acceptance of oneself, as is—perfectly, imperfect

9. For the LOVE of acceptance

- Acceptance within the present moment, of yourself just as you are, before any attempt at change

10. Adopt a GROWTH mindset

- Move away from a FIXED mindset, move away from the “hope” personal traits will lead to success versus taking charge

Resources

- How to Take a Mindfulness S.N.A.C.K. Moment at <https://www.mindful.org/how-to-take-mindful-snack/>
- Four Things to Do Every Day for Your Mental Health at https://greatergood.berkeley.edu/article/item/four_things_to_do_every_day_for_your_mental_health
- A 5-Minute Gratitude Practice: Savor the Moment by Tapping into Your Senses at <https://www.mindful.org/5-minute-gratitude-practice-focus-good-tapping-senses/>
- Greater Good's Guide to Well-Being During Coronavirus at https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus
- Mindfulness Quiz at https://greatergood.berkeley.edu/quizzes/take_quiz/mindfulness