



3 Quick ways to get started with Mindfulness

What is Mindfulness?

Knowing what you are doing while you are doing it.

Why should we practice mindfulness?

To get out of “auto-pilot” and be an active participant in our lives

How can I get started with Mindfulness?

By using the following simple exercises...

Walking Mindfulness: Using a short mantra to recognize each step. My favorites are “give thanks” and “be well.”

Breath mindfulness: Focusing only on your breath for 3-5 inhales/exhales. Visualize the breath as it moves in and out your body

Presence mindfulness: Imagine being a tourist in a familiar place. Pay extra attention to your favorite store or park and what it offers you.