



# 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](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](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](https://greatergood.berkeley.edu/quizzes/take_quiz/mindfulness)