

# A QUICK GUIDE TO MINDFULNESS



## Navigating the Noise: Explore Mindfulness

COMPILED BY PRESENTLY

## What is Mindfulness

Ever feel overwhelmed by daily stresses? Mindfulness can help! It's the practice of focusing on the present moment without judgment. By quieting your mind and paying attention to your breath, thoughts, and sensations, you can experience greater peace and clarity.

## Benefits of Mindfulness



## Who Can Benefit

Mindfulness is for everyone! It's a skill anyone can learn, regardless of age, background, or experience.

# Getting Started with Mindfulness



## Mindful Breathing

Take a few minutes each day to simply focus on your breath. Feel your belly rise and fall with each inhale and exhale. If your mind wanders, gently bring your attention back to your breath.



## Body Scan Meditation

Lie down comfortably and bring your awareness to different parts of your body, starting with your toes and slowly moving upwards. Notice any sensations without judgment.



## Mindful Movement

Pay attention to your body's movement throughout the day. Take a mindful walk, focusing on the sensation of your feet touching the ground and the movement of your limbs.

## Common Challenges

A wandering mind is completely normal! When your thoughts drift, don't get frustrated. Acknowledge the thought, and then gently return your attention to your breath or the present moment.

## Resources and Next Steps

There are many resources and communities available to deepen your mindfulness practice. We have listed a few for you.

### Mindful.org

Mindful.org is your one-stop shop to learn about mindfulness, with articles, meditations, and resources to help you find calm.

### Headspace.com

Headspace.com is a mindfulness app that guides you through meditation sessions to help you reduce stress, improve sleep, and focus better.

### Calm.com

Calm.com is another mindfulness app offering guided meditations, sleep stories, and relaxing music to help you de-stress, sleep soundly, and achieve greater well-being.

### Mindfulness.com

Mindfulness.com is a mindfulness community where everyone has access to mindful mental fitness tools that can help us navigate change, cultivate resilience, compassionately serve one another.

## Tips for Beginners

1

### Start Small

Begin with just a few minutes of practice each day and gradually increase the duration as you become more comfortable.

2

### Find a Quiet Space

Choose a place free from distractions where you can relax and focus on your practice..

3

### Be Patient

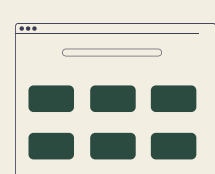
Learning mindfulness takes time and practice. Don't get discouraged if your mind wanders – simply be kind to yourself and gently bring your focus back.



## Contact Us



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