# MINDFULNESS FOR MENTAL HEALTH

## Cultivating awareness and inner peace

**What is Mindfulness?** Mindfulness is a state of being where a person is present and aware of their sesnes, thoughts, and emotions (1).

**Mindfulness Exercises:**
- **Focus on breathing** - take deep breaths and focus on the feeling of the breaths (3).
- **Body Scan Meditation** - Lie on your back and slowly move your focus over each part of your body from head to toe (3).
- **Slow Down** - Take time to acknowledge the world around you, noises you hear, things you feel or smell. Can be done anywhere (3).

Practicing mindfulness can have many benefits including things like reducing stress, enhancing awareness, and improving focus (1). Being aware of one's thoughts and emotions can help a person avoid destructive or automatic habits (2).

**Resources**
- https://www.freemindfulness.org/download - Has information about mindfulness as well as free guided mindfulness exercises.
- https://www.mindful.org/meditation/mindfulness-getting-started/ - Has information and FAQs around mindfulness as well as mindfulness exercises.

**References:**
1) Getting Started With Mindfulness. (n.d.). Mindful: Healthy Mind, Healthy Life. Retrieved March 14, 2025, from https://www.mindful.org/meditation/mindfulness-getting-started/
2) Mindfulness. (n.d.). American Psychological Association. Retrieved March 14, 2025 from https://www.apa.org/topics/mindfulness
3) Mindfulness Exercises. (2022, October 11). Mayo Clinic. Retrieved March 14, 2025 from https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356