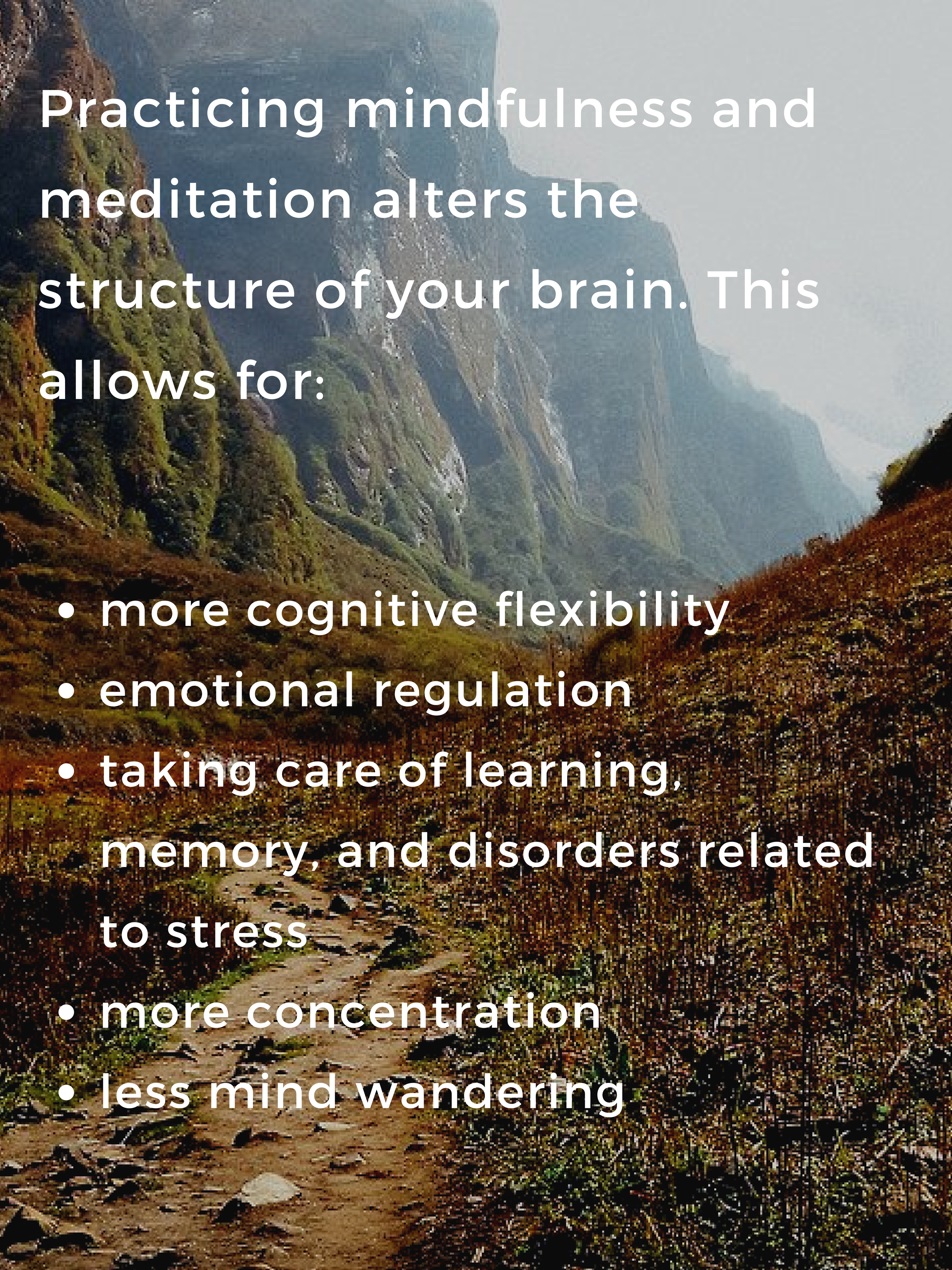


**Mindfulness is the practice  
of being fully present,  
aware, and not  
judgemental.**



Practicing mindfulness and meditation alters the structure of your brain. This allows for:

- more cognitive flexibility
- emotional regulation
- taking care of learning, memory, and disorders related to stress
- more concentration
- less mind wandering

There are three components to mindfulness:

1. Intention
2. Attention
3. Attitude

That is to say, when doing something mindfully, keep in mind...

1. Why are you doing this? What are you yearning for?
2. Observing all aspects of your experience.
3. What "heart qualities" (kindness, curiosity, patience, etc.) can you bring to your awareness?

# Mindful breathing techniques

## **Ocean breathing**

Cup your hands over your ears and breathe deeply. How does your breath sound?

## **Take-Five breathing**

Hold out your hand, and trace your fingers with a finger on your other hand. When tracing up a finger, inhale. When tracing down a finger, exhale.

## **Purse-Lips breathing**

Breathe in through your nose, then slowly breathe out through puckered lips for about twice the time that you breathed in.

# Mindful eating

When eating, take note first of how your food looks. What color is it? What is its texture?

Then notice how it smells or what sounds it may make when you move it around.

Take a bite of your food, and before you chew, notice how it feels in your mouth. What is its temperature?

As you chew, notice the texture of the food.

Notice what the taste of the food is. What emotions does the taste bring you? How does the taste change?

Swallow your food, focusing on the sensation. Is there a lingering taste?

How was this different from other eating experiences? More intense? Frustrating? Pleasurable?

# Mindful meditation

Watch this two minute video for an introduction and guide to meditation.



Meditation can just take five minutes out of your day and helps build skills that relate to overall wellbeing.

# Furthering mindfulness

## **Koru Meditation**

4-session mindfulness class at SHAC. Search for Koru to learn more and register for fall 2019. FMI, contact [betsylanegetaz@](mailto:betsylanegetaz@)

## **Time to Meditate**

Gently guided mindfulness meditation.

Monday: 3:10-3:40 pm in the Chapel Sanctuary

Friday: 8:05-8:25 am in the Alumni Guest House Library

## **Weekly Buddhist Meditation**

Thursdays at 8pm in the Chapel Sanctuary.

Cushions and instruction are provided.

## **Mindfulness apps:**

Calm, 10% Happier, Headspace, Insight Timer, and many more!



Wolkin, J. 2015. Mindful.org

Shapiro, S. et al., *Mechanisms of Mindfulness*. JOURNAL OF CLINICAL PSYCHOLOGY, Vol. 62(3), 373–386 (2006)