

Be Well Aware – Health Article



Mindful Minutes

What Is Mindfulness?

While mindfulness may sound like a wellness buzzword, this practice has been around for thousands of years and for great reasons. Mindfulness is being in the present moment and bringing your awareness and attention to what you're feeling, thinking, and sensing, specifically without judgement or interpretation. With our seemingly never ending to do lists, adding in mindfulness throughout the day may benefit our mental, physical, and emotional health in several ways.



Benefits of Mindfulness in Our Work and Personal Life

There are many benefits to meditation and mindfulness including:

- Stress reduction
- Lowering of anxiety symptoms
- Pain relief
- Reduction in depressive symptoms
- Lowering of High Blood Pressure
- Improving Attention
- Improving Sleep
- And Decreasing Job Burn Out

From yoga, quiet meditation, to a 1-2 minute breathing and thought exercise, there are several ways to practice mindfulness in your day. Check out the next page for some short and simple mindfulness activities you can do on your own or with friends and family. View our featured exercise of the month for a quick [yoga flow](#) that can be done just about anywhere.

Mindfulness Activities

5 Senses Activity (2-5 minutes)

This activity helps to bring you into the present moment and increases your awareness to your surroundings. In this activity you will engage all your senses.

Look around you and list:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Intention Setting (1-2 minutes)

Just as the name says, this activity can be used to set an intention for the day.

This is a good activity to try after waking up in the morning. Before getting out of bed, take 3 deep full belly breaths.

Spend a few moments and set your intention or goal for the day.

Wiggle and Freeze Game (1+ minutes)

This activity can introduce kids and families to mindfulness.

According to Sarah Ruddell Beach, a Mindful Schools Certified Instructor, this is a great mindfulness activity to do with kids.

Turn some fun music on, dance all around, wiggle, get silly, and after a few seconds, pause the music and say "freeze!".

When everyone freezes, take a moment and have everyone focus on how they are feeling and their breathing.

Do this activity as many times as you'd like!



References:

- <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356#:~:text=Mindfulness%20is%20a%20type%20of,mind%20and%20help%20reduce%20stress>
- <https://www.apa.org/monitor/2012/07-08/ce-corner>
- <https://www.headspace.com/work/mindfulness-at-work>
- <https://www.goodhousekeeping.com/health/wellness/g32267191/mindfulness-activities/>