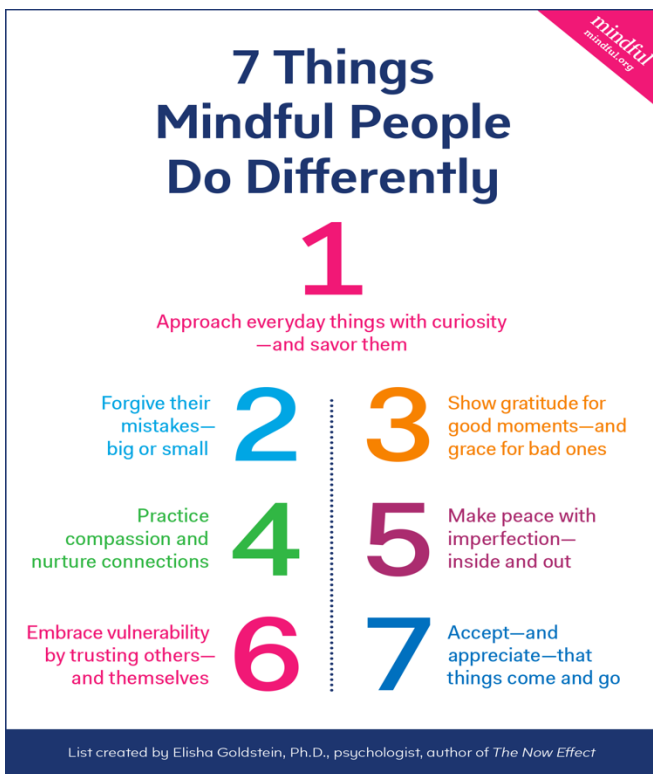


## Mindfulness Month

**Meditation** is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior.



**7 Things Mindful People Do Differently**

**1** Approach everyday things with curiosity —and savor them

**2** Forgive their mistakes—big or small

**3** Show gratitude for good moments—and grace for bad ones

**4** Practice compassion and nurture connections

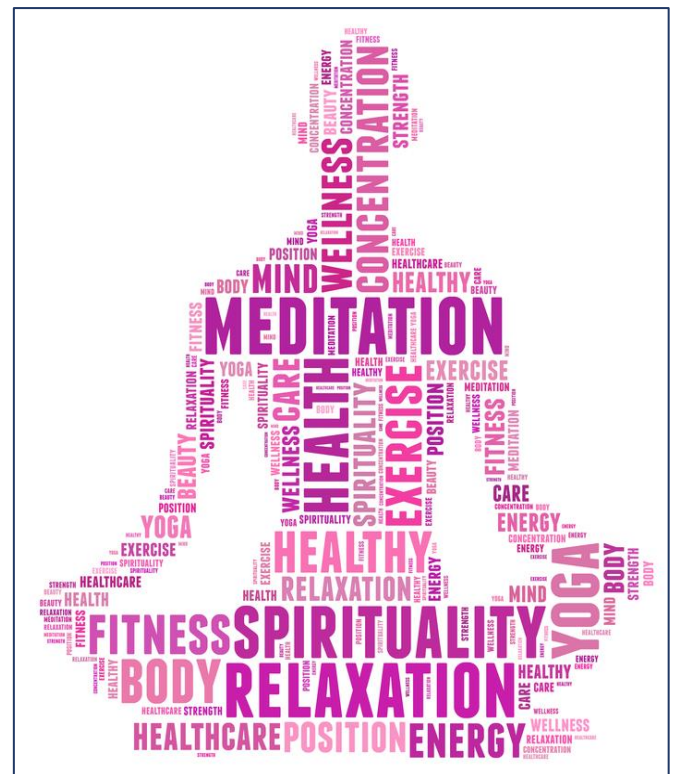
**5** Make peace with imperfection—inside and out

**6** Embrace vulnerability by trusting others—and themselves

**7** Accept—and appreciate—that things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of *The Now Effect*

<https://www.mindful.org/7-things-mindful-people-do-differently-and-how-to-get-started/>



<https://www.kinesophy.com/mindfulness-and-wellness/>

## Mindfulness Tips

- One-minute breathing exercise** Sit with your back straight but relaxed. For the next minute, focus your entire attention on your breathing in and out, how air passes in and out of your nostrils, and how your abdomen rises and goes down with each breath. If thoughts start crowding in, gently let them go and refocus on your breathing.
- Check in with yourself** Bring yourself into the present moment by asking yourself, ‘What is going on with me at the moment?’
- Eat mindfully** When you’re having a meal, focus on your eating. Don’t read or watch TV at the same time. Pay attention to how the food looks, smells and tastes. You may find you enjoy your food more, and stop eating when you’re full instead of automatically finishing what’s on your plate.

<https://www.healthdirect.gov.au/benefits-of-mindfulness>