

Mindfulness & Mindfulness-Based Exercises



About Mindfulness ...

Mindfulness is the practice of being present in the moment, exercising awareness (of feelings, sensations, thoughts, sounds, smells ...) without judgement. It's a state of being, and practices paying attention on purpose.

Research indicates that Mindfulness-based practices help improve the symptoms/thoughts associated with:

- Anxiety/Stress Reduction
- Depression
- Chronic Pain
- Over-eating
- Insomnia
- ... and more.

Mindfulness is ...

Paying Attention

On Purpose

Without Judgment

In the moment

By taking just minutes out of our day to be aware and present, moment-to-moment without judgement, we alter our response to various life triggers.

We invite you to find comfortable chair (or position) in a quiet space, and allow one of the audio exercises to guide you through the practice of Mindfulness.

#1: Introduction to Mindfulness & Progressive Muscle Relaxation

Introduction to mindfulness: paying attention on purpose in the present moment, attending to your breath, and observing without judgment. Includes a body scan and progressive muscle relaxation techniques.

#2: Breathing Techniques for Relaxation

Directed breathing techniques to reduce anxiety.

#3: Mindfulness & Diaphragmatic Breathing

Guides you through breathing strategies for interrupting the stress response upon initial warning signs of anxiety, surviving moments of extreme overwhelm and panic, and maintenance breathing strategies to reduce their overall level of anxiety.

#4: Eating & Reflexion

Guides you through awareness of your feelings, sensations, and desires to eat without judgement.

#5: Mindful Pain Management

Guides you through exercises in acceptance, breathing, relaxation, peace and calm, as you allow your mind and body to be.

How to access The Health Center's Mindfulness Exercises:

Guided exercises are available for free online streaming and download at:

soundcloud.com/mindfulhealth/tracks

Website and smart phone app (Droid and iPhone) coming soon, so that you'll be able to stream exercises from almost anywhere.

Tips:

Take a few minutes out of your day to be mindful. Any amount is beneficial, and the more you practice, the more benefits you'll see.

Practice without judgment.