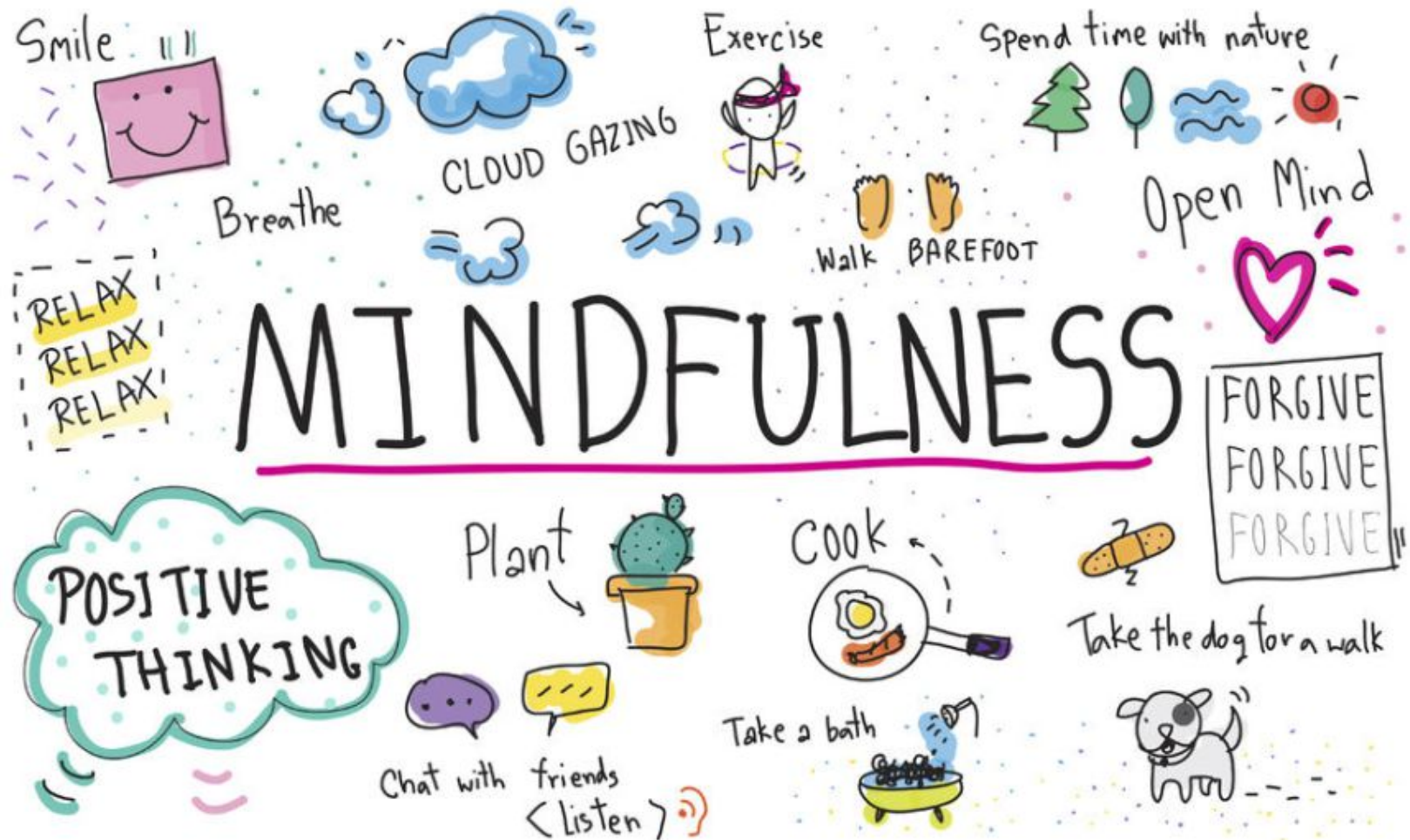




Be Kind
To Your
Mind

THE IMPORTANCE
OF PRACTICING
MINDFULNESS

WHAT IS MINDFULNESS?



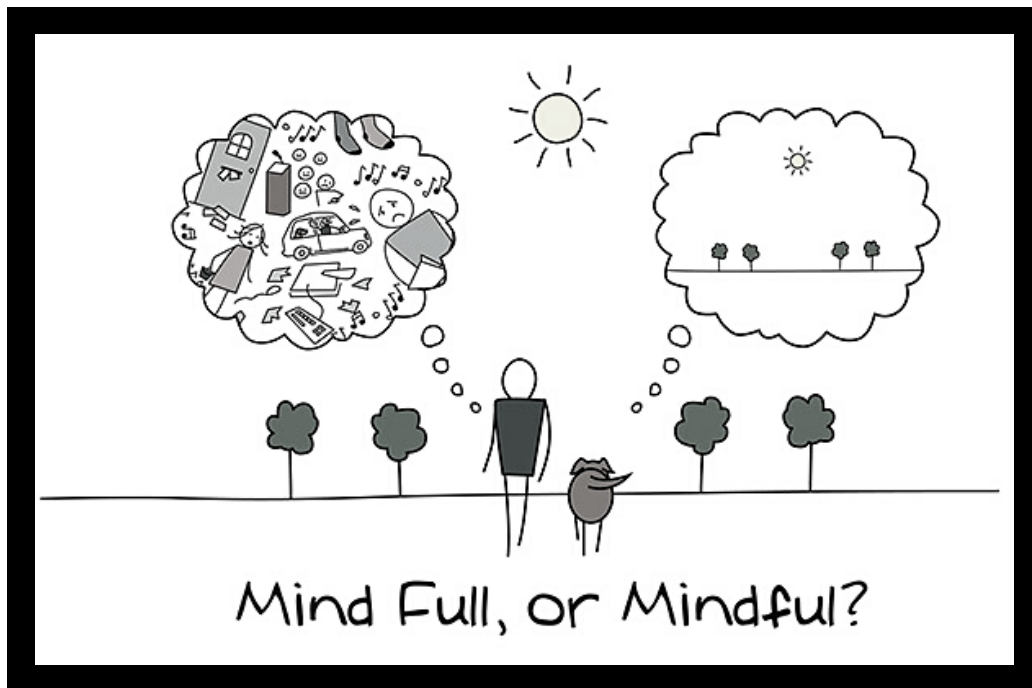
mindfulness / n / mental state of being aware of your feelings and accepting experiences, thoughts, and bodily sensations

What does that mean? It means being fully present and fully engaged in what you're doing at the moment - without judgement or distraction.

WHY IS IT IMPORTANT?

Mindfulness has many benefits, and can have lasting positive impacts. Some of the benefits include:

- Relief from stress and anxiety.
- Increased focus and more efficiency.
- Improved memory.
- Improved academic success.
- Boosts and enhances resilience.
- Improves general physical and mental health.
- Increases confidence.
- Improves sleep.



PRACTICING MINDFULNESS TIPS

There are many different ways to practice mindfulness. Try different things out and find what works best for you. Practicing mindfulness is unique to every person. Here are a few suggestions:



Visualize: See yourself acing a test/getting a good grade to increase confidence and overcome self-doubt and fear.



Take Time to do What You Love: This is an important method of self-care and personal development.



Take Deep Breaths: This helps slow down your mind and heart rate.



Do One Thing at a Time: Prioritize tasks and put your full attention to one thing at a time.



Practice Meditation: Daily meditation practice yields great results.



Put Your Phone Down: Try being present in the moment.



Appreciate Nature: Take a look at the beautiful nature around you.

MORE RESOURCES

Apps you can download to help you practice mindfulness:

- Calm
- Headspace
- The Mindfulness App

Pages you can follow on Instagram:

- @jayshetty
- @asiansformentalhealth
- @browngirltherapy
- @bethdrawsthings