



# MINDFULNESS



## MINDFUL NAVIGATION

**Embrace a healthier lifestyle by practicing mindfulness!**

Practicing mindfulness can help you be more present in the current moment and become aware of your thoughts, emotions, and surroundings. Training your mind and body to be present can increase your health and happiness.

**Here are some ways you can practice mindfulness to help you feel calm, reduce stress, and increase your focus:**



**Mindful Breathing:** Find a comfy spot, close your eyes, and take a big, deep breath in. Feel the air filling up your lungs, and then breathe out slowly. Pay attention to your breath and release anxious thoughts and worries.



**Body Scan:** Spend a few moments being present and paying attention to your body. Start from your head and slowly travel down, noticing how you feel. Take deep breaths as you go, and let your body relax as you calm your mind.



**Mindful Observation:** Pick something around you, like a flower or a special object. Look at it really closely, noticing all the details – colors, shapes, textures. Use all your senses to appreciate and notice the object you chose. This will help you to re-center and focus, especially during intense or busy times of life.

## HEALTH BENEFITS

- Reducing Stress
- Improving Concentration
- Enhancing Self-Awareness
- Promoting Overall Happiness
- Improving Resilience
- Strengthening Focus

**These breathing exercises can help you calm your mind and increase your focus:**

**Square Breathing:** Breathe in for a count of four, hold for four, exhale for four, and pause for four. Repeat a few times and feel more relaxed with each breath.

**Straw Breathing:** Inhale deeply, then exhale slowly through your lips, like blowing through a straw. This trick helps you breathe just right and soothes your mind.

**Belly Breathing:** Put a hand on your belly and take a slow, deep breath in through your nose. Your belly will rise. Breathe out through your mouth and feel your belly sink.

## FREE RESOURCES



- Toolkits
- Fitness Classes
- Nutrition Classes
- Telehealth Coaching
- Education Materials
- Related Resources

**Remember, by spending a bit of time each day practicing mindfulness you'll nurture a sense of peace, presence, and strength.**



[ItsTimeTexas.org/Toolkits](https://ItsTimeTexas.org/Toolkits)



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