

# What is *mindfulness*?

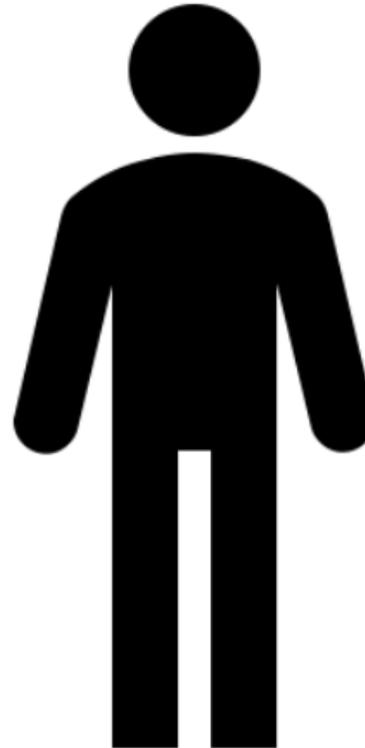
Connecting body and mind

Increased awareness to body sensations

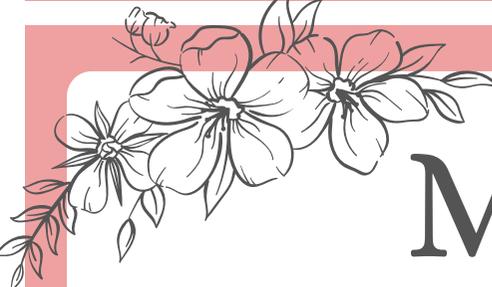
Non-judgmental approach to emotions

Evolve from reactionary stance to a responder

Learn how the body reacts to emotions



Improved sense of compassion towards self and others



# Mindfulness Exercise

As you start this practice, set the expectation that you are just beginning. There is no right or wrong. It is all about increasing the awareness and connection between your mind and body.

## **STEP 1: Set the environment**

Find a calm & safe space, dim the lights, get into a comfortable position

## **STEP 2: Bring Attention**

Do you notice any sensations? Tingling, tenseness, heartbeat, comfort, calm, cool, heat

## **STEP 3: Body Scan (head to toe OR toe to head)**

Work your way up/down the body as you notice any sensations, thoughts, discomfort. Take note.  
Allow it to be there.