

Mindfulness

You might've heard people talking about mindfulness, and wondered what it is. Or maybe, this is the first you've heard of it.

By the end of this video, you'll know what mindfulness is, a bit of how you can practice it, and how it can help you. Then, you can decide if you want to give it a try. You may even want to recommend it to others.

Mindfulness is simply the practice of being aware in the present moment. You're already practicing mindfulness whenever you experience the moment.

Become aware of your breathing, thoughts, feelings, sensations and surroundings. Notice what's happening with a gentle and open mind.

You can bring a little mindfulness to your day by...

- Listening to your body to become aware of sensations.
- Practicing gentle yoga or movements.
- Pausing and paying attention to your breathing as you go through your day. For instance, when you're walking... Eating... Driving... Walking through your front door after a long day...
- Checking your mobile device or email.

Just a little attention to your breathing brings your focus back to the present moment. The goal isn't to be fully aware of everything all the time, it's about being more present more of the time.

If you give mindfulness a try, you don't have to worry about being perfect at it. No one's going to grade you.

Mindfulness can help you...

- Build resilience to navigate changes.
- Open up to new ideas.
- Think clearly and solve problems.

- Communicate better.

- Get more done.

- Enjoy each moment more.

It's easy to learn more about mindfulness. Visit "www.mindful.org" for more information and resources.