

## what is mindfulness?

According to the Mindful Awareness Research Center at UCLA, mindfulness is defined as the moment-by-moment process of actively and openly observing one's physical, mental and emotional experiences.

“It means paying attention in a particular way – on purpose, in the present moment and non-judgmentally.”

- Jon Kabat-Zinn

Mindfulness practices are ancient and are now being used as a remedy for modern stresses and a host of physical ailments.

Mindfulness is a form of mental training that is meant to become a way of living and being. It is practiced both formally and informally throughout daily life. Though it is not a technique for relaxation or mood management, the effects of mindfulness contribute positively to both.

## learn more

Mindfulness activities at ASU are available through the Physical Activities Center and Student Counseling Services on the Polytechnic campus. For a schedule of classes and sessions, visit <http://students.asu.edu/counselingpoly>

Student Counseling Services offers “What’s Right with You?” a Positive Psychology series focusing on

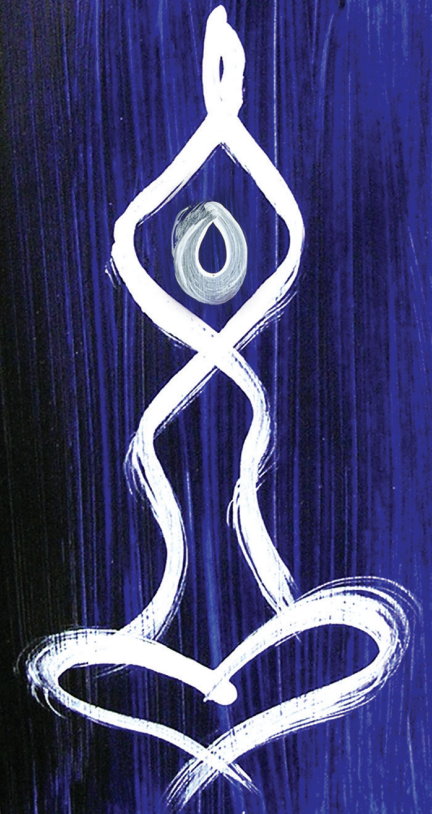
- Positive Psychology: The Psychology of Well-being
- Mindfulness Practices
- Human Strengths
- Love & Positive Relationships
- Creativity
- Courage
- Gratitude
- Hope & Optimism
- Happiness & Success
- Emotional & Social Intelligence
- Positive Workplace & Communities

The psychologists at Student Counseling Services also are available to introduce “What’s Right with You?” to classes on campus, to meet with student organizations, or schedule individual appointments. To set an appointment, call (480) 727-1255.

“what’s RIGHT with you?”

# stop & breathe

Mindfulness Practices



Mindfulness practices have shown to be beneficial for people suffering from anxiety, depression, cardiovascular disease, cancer, chronic pain, fibromyalgia and other stress-related conditions.

In studies, mindfulness practices have been shown to:

- Reduce stress
- Boost the immune system
- Improve attention
- Reduce emotional reactivity
- Increase positive emotions
- Improve sleep quality
- Promote a greater sense of health and well-being
- Increase compassion for self and others

# being mindful means...

**Self-regulating** your attention so that it is focused on your immediate experience in the present moment

**Being** curious, open and accepting toward your present moment experience

**Having** a willingness to bring whatever you are experiencing – both pleasant and unpleasant – into your field of awareness

**Bringing** friendly, kind and caring attention to your own experience

**Cultivating** self-compassion and self-care

**Enhancing** empathy and compassion for the experience and action of others

*“Every mental formation--anger, jealousy, despair, etc.--is sensitive to mindfulness the way all vegetation is sensitive to sunshine. By cultivating the energy of mindfulness, you can heal your body and your consciousness.”*

*-Thich Nhat Hanh*

## mindfulness practices

Mindfulness practices that anyone can learn to do include:

Sitting Meditation (paying attention to the breath, sound/sensations, feelings, thoughts)

Body Scan Meditation

Mindful Yoga, Mindful Walking, Mindful Eating, Mindful Communication

Routine Activities (brushing your teeth, taking a shower, washing dishes, reading)

Loving-Kindness Practices

## STOP Exercise\*

Try this mindfulness practice exercise:

Stop – Pause for a moment / Slow down

Take a Breath – Take a slow, aware breath to help calm down and become more aware of this moment

Observe – Notice what is happening in this present moment

What are you feeling?

What is happening in your body right now?

Is there anything obvious that you can notice?

Proceed – Continue with whatever you were doing

\*Adapted from Diana Winston, PhD, Mindful Awareness Research Center