



# Practice Mindfulness

Try to focus on being here and now, more often.

Mindfulness is brain training to pay attention to your thoughts, feelings and sensations in the present moment, without judging them. This helps to increase positive emotions and decrease negative ones.



**Focus on breathing.** This is helpful when you are stressed. Take deep breaths and notice how it feels.

**Observe.** Really pay attention to what you are sensing at any given moment throughout your day. These micro-mindfulness moments can help reset your focus or purpose.

**Learn mindfulness skills.** Examples: breathing exercises, walking meditation and the body scan. These skills help you focus moment by moment and tune into what's most important in your life.