



Mindful Awareness

Learn this skill to connect with all parts of your health and well-being. Stay focused on what matters most in your life.

Be present

Try paying more attention to your thoughts and feelings, in the present moment, without judging them.

Wandering thoughts

When practicing mindfulness, your mind will wander. Simply be aware of those thoughts, feelings or sensations, then return to your mindfulness exercise.

Techniques

Choose from a variety of mindfulness techniques including a mental body scan, walking meditation, mindful eating, and breathing exercises.

Make it a habit

With regular practice, you can gain more control over your reactions to stressful situations and negative thought patterns.



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