



# What is Mindfulness?

Mindfulness has been described as being present in the moment and focusing on the here and now. It means paying attention to the current moment, without judging or trying to change it. This involves observing your thoughts, feelings, and sensations without getting caught up in them. You can do this through breathing, guided imagery and other techniques to relax your body.

## How do you practice mindfulness?

You pay attention to your current thoughts, feelings, and body sensations around you without holding judgement.



## What are the benefits?

It is a great for self-care. It helps bring your awareness away from negative thinking and more engaging in the world around you. It can help calm stressful and anxious feelings.

## 5 Steps to take to practice Mindfulness

1. Find a quiet place to sit or lay comfortably.
2. Use your 5 senses (sight, sound, touch, taste, smell) to notice your environment around you.
3. Try to stay present and focus on what you are experiencing in that moment.
4. Focus on your breathing. If your thoughts run away, bring them back by focusing on your breathing.
5. Accept yourself in that moment and show kindness to yourself.



## Mindful Breathing

- **Belly Breathing**- put one hand on your belly and the other on your chest. Breath in through your nose and out through your mouth trying to get the hand on your belly to rise and the one on your chest to remain still.
- **4-7-8 Breathing**- inhale through your nose to count of 4 hold your breath for 7 seconds and exhale for 8 seconds.
- **Coherent Breathing**- inhale in your nose to the count of 6 and exhale through your mouth to the count of 6.

## Mindfulness in your daily life

- Drink plenty of water.
- Make your bed every day.
- Be kind to yourself.
- Take time to enjoy the food you eat.
- Organize your things and your space.
- Stretch/Exercise whenever you can.
- Turn off all your devices for a while.
- Pay attention to your 5 senses as often as you can.



## Other Helpful Options

- **Daily Positive Affirmations**- repeat positive statements to yourself such as, I love and accept myself or I am worthy just the way I am.
- **Guided Meditation**- helps you to deal with stress/anxiety. You can find many different guided meditations on YouTube or meditation apps.
- **Journaling**- helps you to organize your thoughts and track your personal growth.
- **Body Scan**- lie down on your back and stretch out. Start with your toes and mentally move up your body to your head. Pay attention to each part. Become aware of any sensations thoughts or emotions and breath into them.



If you have any questions or would like to discuss this further please contact  
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