

Improve Your Emotional Wellness: Be Mindful



Sometimes, we may feel like our lives are on “autopilot” with barely a moment to stop or slow down. The concept of mindfulness is to be completely aware of what’s going on right now – your thoughts, feelings, sensations, and environment. The goal is to focus on the present and not dwell in the past or anticipate the future. Becoming a more mindful person requires commitment and practice. Here are some tips to get you started.



Do a Body Scan

Bring your attention to how each part of your body is feeling. This can help you connect with your body.



Take Some Deep Breaths

Breathe in through your nose to a count of 4, hold for 1 second, and then exhale through the mouth to a count of 5. Repeat often.



Take a Walk

As you stroll, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.

Find Mindful Resources in Your Community

Check out your local community to see if they offer yoga and meditation classes, mindfulness-based stress reduction programs, and books.



Practice Mindful Eating

Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.



For more information, visit www.nih.gov/wellnesstoolkits