

# mindfulness

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THANK YOU TO OUR WONDERFUL SPONSORS!





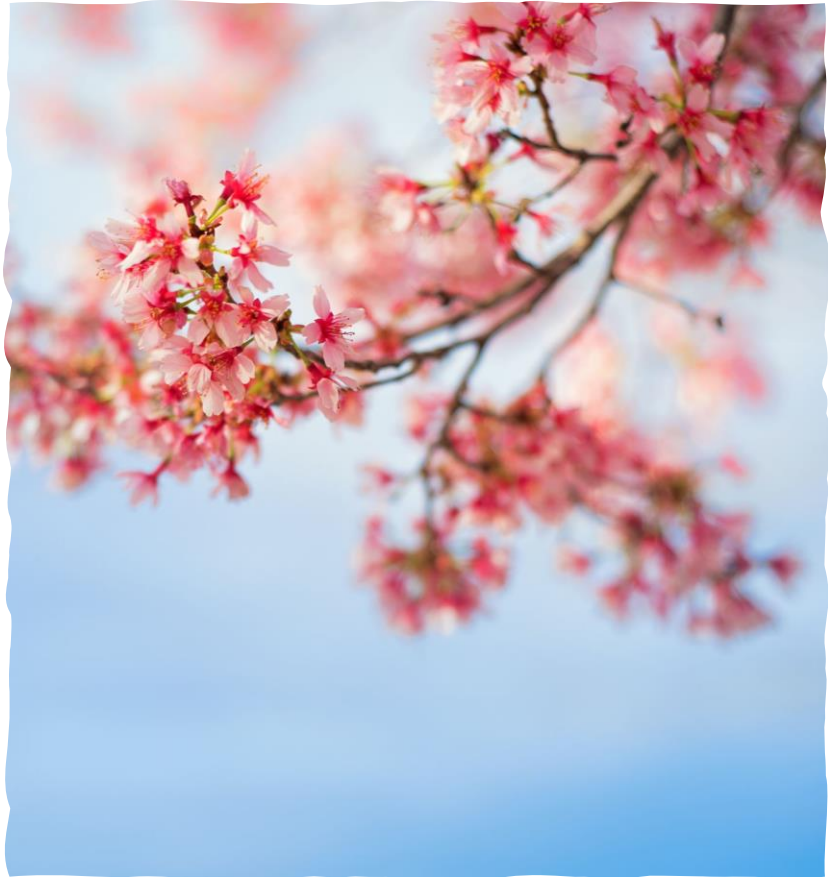
# Mindfulness

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- What is mindfulness
- Techniques
- Benefits
- How to start this journey!

# Mindfulness is:

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- **Definition:** The quality of state of being conscious or aware of something.

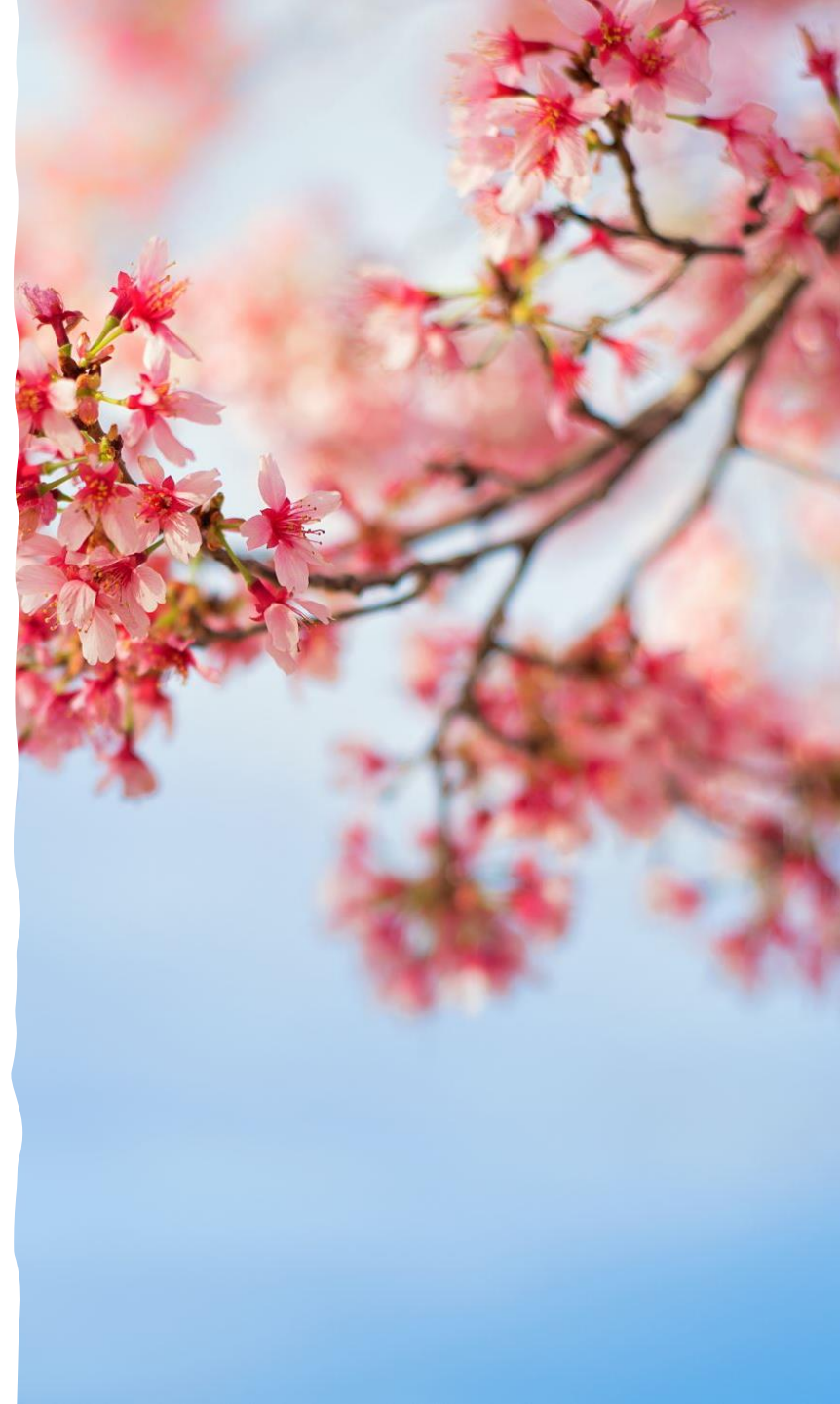
“The art of living consciously”

- I see it like a lifestyle! Redirect your mind to the present so you can enjoy the little moments!
- Not live on automatic pilot!

# Mindfulness is not:

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- It is not a religious practice.
- It requires work, it is not easy or quick.
- Nothing new, it has been around for many years as a technique for stress reduction.





# Mindful techniques:

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- Breathing Technique. 3-3-4
  - Breath in 3 seconds
  - Hold for 3 seconds
  - Exhale for 4 seconds
- Progressive Muscle Relaxation.
  - Key is to tighten muscles then relax
- How do you feel?

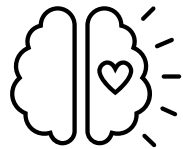
# Benefits



A better version of yourself



More resilient

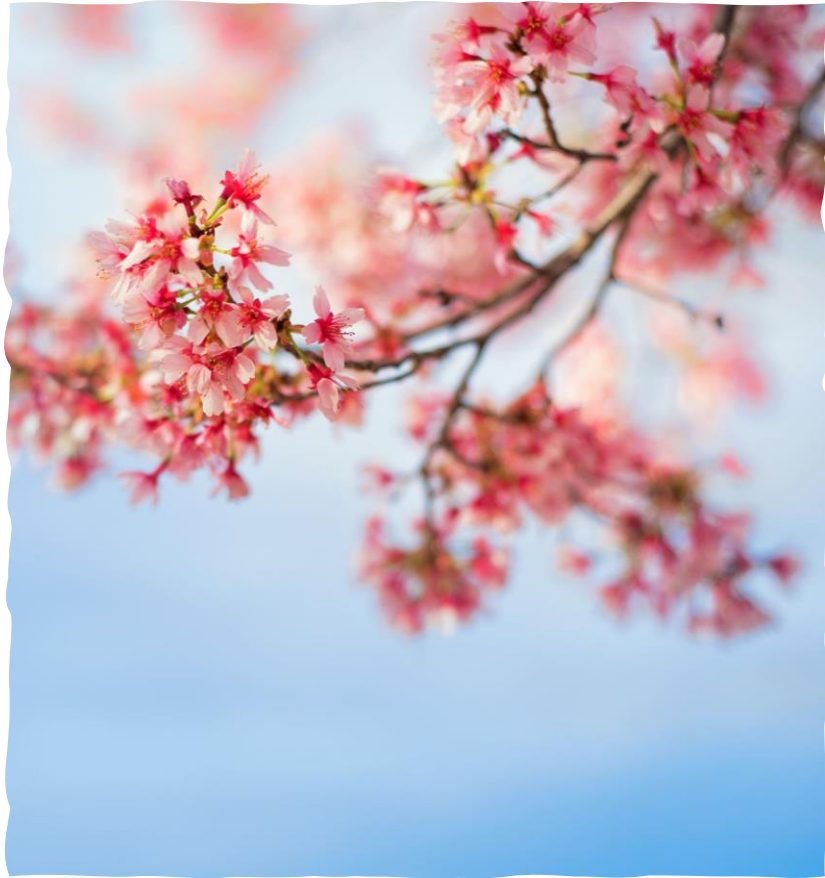


Better mental health

- *A better you*

When we manage to control our stress better, we gain wellness in general, we can become a better person! Why?

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*More patience*



*Kinder (yourself/others)*



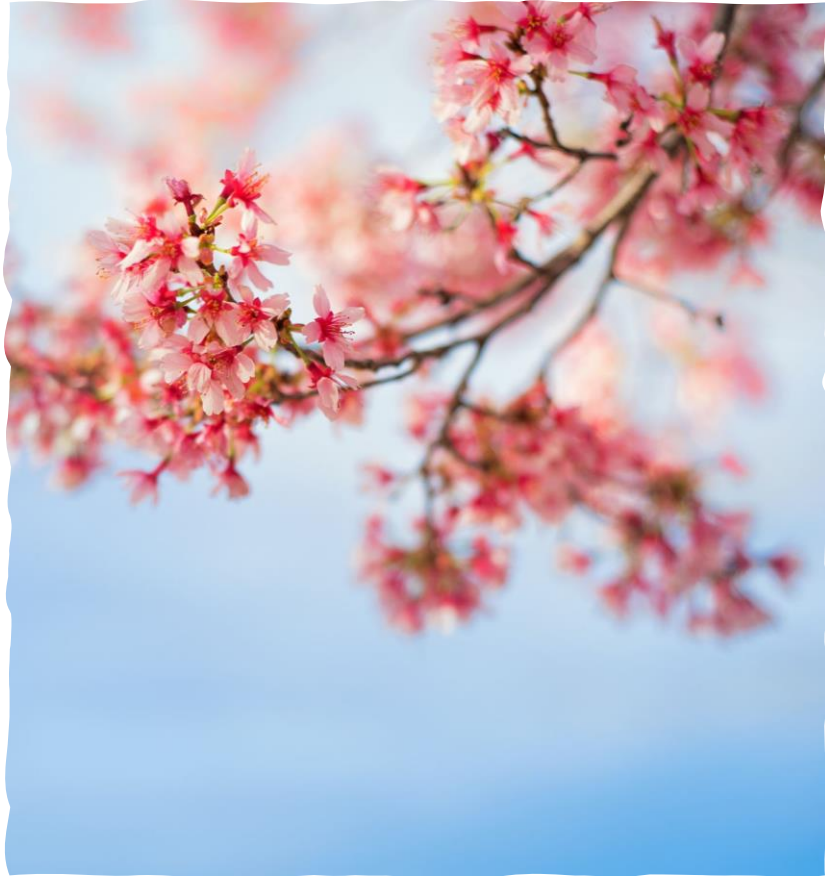
*More grateful*



*Happier and a better you!*

- *More resilient*

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- **Resilience:** Ability to cope with problems and adapt better to any situation.





- **Better mental health**

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- Studies show that you mindfulness improves your metal health.

Scientific evidence shows that mindful techniques help with anxiety, depression, OCD, etc.

# How to start:

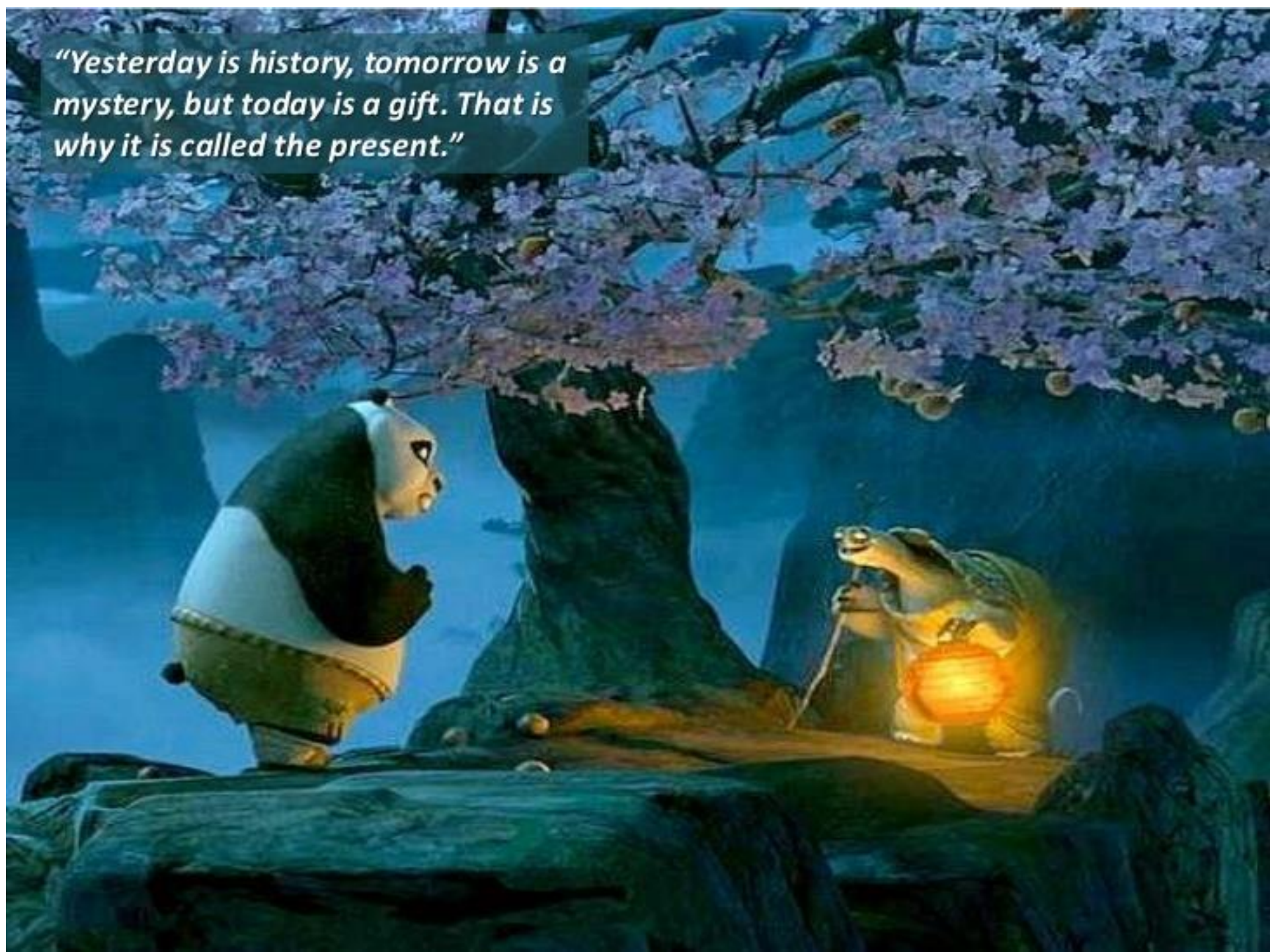
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## *Everywhere! Anytime*

- Keeping a routine where you include time for you and your emotions.
- Identify when you are living in the future or in the past.
- Key words: If?...what if?
- Thinking too much about the future make us anxious. Have a plan B!

*"Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present."*





When you work,  
work...  
When dream,  
dream...  
When love,  
love..and when you  
are alive...LIVE!

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Isabel



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