mindfulness

Isabel Rivera
BS in Psychology (Senior Student)
Mindfulness

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

- **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:

• 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:

• 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?

  - More patience
  - Kinder (yourself/others)
  - More grateful
  - Happier and a better you!
• **More resilient**

• **Resilience**: Ability to cope with problems and adapt better to any situation.
• Better mental health

• Studies show that mindfulness improves your mental health.

Scientific evidence shows that mindful techniques help with anxiety, depression, OCD, etc.
How to start:

• 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.”

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

Isabel