



## Why Mindfulness Matters

Stress is an inevitable part of our lives. We have all experienced it to some degree: during an argument with a partner; while speaking to a large group; while meeting a deadline at work. Our experiences in an increasingly complex world constantly require us to adapt to changes and cope with stressors. Learning how to identify and manage stress can help prevent physical and psychological problems, increase your chances of future success and promote a longer, healthier life.

Mindfulness, which is best described as the practice of being more aware in the present moment, is an effective way to respond to life's stresses. Examples of mindfulness include:

- Becoming aware of breath and feeling the stomach rise and fall with each breath
- Feeling the various physical sensations of an emotion
- Paying attention to all of the sounds in a room
- Noticing what happens in the body when there is stress
- Watching the thoughts that arise when there is boredom

It can be difficult to get your mind to slow down, but focusing on the now can help improve your physical, social and mental health. Practicing mindfulness can result in:

- Improved organizational skills
- An increase in self-esteem
- A sense of calmness, relaxation and self-acceptance
- A better quality of sleep

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