

MINDFULNESS

Mindfulness or mindful awareness can be described as moment-to-moment awareness of one's experiences without judgement. In other words, knowing what you are experiencing while you are experiencing it. Practicing this, allows us to be more aware of our current thoughts, physical sensations, and emotions. This awareness frees us from automatic reactions and thoughts, judgments, attempts to control an outcome.

Formal Mindfulness practices

Sitting meditation
Mindful yoga
Walking meditation
Eating meditation
Body scan
Concentration

BENEFITS

Numerous research studies have shown benefits of mindfulness practices including:

- Reduced rumination associated with depression and anxiety
- Enhanced sense of relaxation, reduction in stress
- Boosts working memory, concentration, and focus
- Less emotional reactivity
- More cognitive flexibility
- Improved immune function

Informal Mindfulness practices

Doing the dishes
Taking a shower
Releasing tension
Drinking a beverage
Feeling feet in shoes
Driving
3 Breaths while opening emails

For more information please contact a counselor or visit our website:

(208) 282-2130

<http://www2.isu.edu/ctc/biofeedback.shtml>