

MINDFULNESS

What is mindfulness?

Put simply, mindfulness involves breaking out of autopilot mode and resisting the urge of thinking about the past or trying to predict the future. Think of it as an opportunity to notice what's going on in your body, mind, and environment in the present moment, without trying to change or judge anything.

Mindfulness, defined by a leading expert in the field, Jon Kabat-Zinn, is paying attention, on purpose, in the present moment, non-judgmentally.

Why should I practice mindfulness?

The scientific community continually finds new benefits of adopting mindfulness practices, including:

- Reduced stress, anxiety, and depression
- Improved concentration and focus
- Increased happiness, self-confidence and effectiveness
- Decreased physical pain
- Improved immune functioning
- Increased social connection



**PAUSE.
NOTICE.
REFLECT.**

**EVERY MOMENT
OFFERS A NEW
CHANCE TO
DEVELOP
AWARENESS**

image via earth.com

Getting Started

You can practice mindfulness anywhere and anytime. However, you may find it useful to slow down with a mindfulness meditation. This practice can help create space between thoughts and feelings, and your present-moment experience.

- Start by finding a comfortable seat on the floor, a pillow, or in a chair. Find a nice, long spine and allow your eyes to close or gaze to soften.
- Bring your attention to your breath, watching it with curious awareness. There will always be distractions that pop up. What sensations, thoughts, and experiences do you notice? Try not to judge them as good or bad.
- When you notice that your mind has wandered, congratulate yourself for noticing that it has wandered and simply bring your attention back to your breath.

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Expanding Your Practice

You can extend your mindfulness practice into your daily living. This is only the beginning - experiment and find practices that work for you!

- Take two minutes to write down a list of what you're grateful for today.
- Put away your phone and pay attention to your surroundings as you walk through campus. What sights, sounds, and smells do you notice?
- Ground yourself in the present moment by noting 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Rather than multi-tasking, prioritize your to-do list and really focus on the task at hand.

Resources

- Mindfulness Boot Camps through Habif
- *Wherever You Go, There You Are* by Jon Kabat-Zinn
- *What Now? Meditation for Your Twenties and Beyond* by Yael Shy
- UCSD Center for Mindfulness website - free, downloadable audio and video guided meditations
- Insight Timer app
- Headspace app
- Mindful.com

Campus Resources

Habif Health and Wellness

Medical Services: 314-935-6666

Mental Health Services: 314-935-6695

Health Promotion Services: 314-935-7139

Visiting Us

Habif is on the lower level of Dardick House on the South 40 on Shepley Drive.

The Zenker Wellness Suite is in the Summers Recreation Center (room 303).

habif.wustl.edu



Habif Health and
Wellness Center

STUDENT AFFAIRS AT WASHINGTON UNIVERSITY