

# APRIL WELLNESS

## MINDFULNESS



With April, thoughts of sunshine, opportunities to get more fresh air and overall feelings of lightness and new beginnings come to mind. April is also Stress Awareness Month. It is a great time to try “*mindfulness*”, a simple, effective type of meditation known to offer many well-being benefits. Here are some benefits and techniques from the Mayo Clinic.

### Some benefits of *Mindfulness* include:

- Reduced stress and anxiety
- Pain relief
- Decreased depression
- Assistance in conditions such as insomnia, high blood pressure and diabetes
- Decreased job burnout
- Increased attention

### Examples of how to implement *Mindfulness*:

- **Take the time to really experience the present moment.** Try to experience it with all 5 senses: sight, sound, smell, taste and touch.
- **Try to live in the present moment with acceptance.** Seek joy in the simple things.
- **Bring your attention to your breathing.** Try simply taking a deep breath and focusing on the sensations. Close your eyes and just experience the breath as you inhale and exhale.
- **Go outside.** For an added bonus, try practicing mindfulness exercises outdoors in nature.

### Examples of more structured *Mindfulness* practices:

- **Body scan meditation.** This is the practice of focusing on each part of your body, from toe to head or head to toe, and giving attention to each part before moving on to the next one.
- **Sitting meditation.** This is practicing breath focus while sitting with your feet on the ground, hands in your lap and your back straight.
- **Walking meditation.** This is the practice of walking slowly in a peaceful location, while bringing attention to the sensations of actually walking through space.

For additional information on these mindfulness practices, click here to reach the article from the Mayo Clinic: [Mindfulness Exercises](#)