

Practicing Mindfulness

Mindfulness is about being fully present and aware of where we are and what we are doing instead of focusing on what is going on around us. Practicing mindfulness can help reduce stress and gain insight and awareness into our minds and bodies. It can take just a few minutes or longer depending on what you need and the time you have.

Here are some ideas for incorporating mindfulness into our daily lives:



Mindful Reading

Reading slowly and attentively, searching for meaning and not speed



Mindful Listening

Listening to others or to sounds with curiosity and compassion.



Mindful Writing

Writing down your thoughts and feelings without judgment or editing.



Mindful Meditation

Sitting in a quiet place and observing your sensations, emotions, and thoughts.



Mindful Breathing

Focusing on your breath and noticing how it flows in and out of your body.

Breathing exercises

4-7-8 Breathing:

breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

Box Breathing:

- Slowly exhale all of your air out.
- Inhale through your nose to a slow count of 4.
- Hold it in for 4 counts.
- Gently exhale through your mouth for a count of 4.
- Pause and hold for a count of 4.
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Pursed lip breathing:

breathe in through your nose and breathe out at least twice as long through your mouth with pursed lips.

Belly Breathing:

breathe in through your nose and out through your mouth at least two to three times as long as your inhale.



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