Benefits to Mindfulness

- Lowered Stress Levels
- Reduced Ruminating Thoughts
- Reduced Anxiety and Fear
- Lessening Depression Symptoms
- Improved Coping Skills
- Improved Memory
- Increased Focus
- Improved Relationships
- Improved Sense of Well-being
- Improved Pain Management

**Please see specific studies cited at Healthline.com



MIND FULL, OR MINDFUL?

"With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in that moment."

Nhat Hanh



Defining Mindfulness

The Mayo Clinic defines mindfulness as a mindful meditation in which one is fully aware of the senses and feelings experienced, but is not attempting to judge nor interpret them. (Mindfulness exercises - Mayo Clinic).

Mindfulness comes from Buddhist and Hindu teachings and its emergence in Western culture can be traced to Jon Kabat-Zinn, a professor at the University of Massachusetts in the 1970s. "Buddhism includes a journey toward enlightenment, and the concept of "sati,"—which encompasses attention, awareness, and being present—is considered the first step toward enlightenment. The term was roughly translated from the ancient language Pali into the term "mindfulness"" (Psychology Today).

Mindfulness includes awareness and acceptance. It is important when beginning the practice of mindfulness to show oneself compassion and patience. As the mind wanders, kindly and calmly dismiss the intrusive thoughts, and bring your mind back to to the present. It may be difficult at first but with practice, it will become easier to transition from mind full to mindful.

Information in this brochure was adapted from:

https://www.healthline.com/health/mind-body/what-is-mindfulness#what-it-is and

https://www.psychologytoday.com/us/basics/mindfulness and https://www.stress.org/12-fun-mindfulness-exercises



Brought to you by the OCYF Trauma Team

Mindfulness Tip Sheet

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Mindfulness Exercises

- Mindful Breathing Notice the sound and feeling of your breath. Feel the rise and fall of your chest. Repeat.
- Morning Journaling This may include writing goals for the day, affirmations, your dreams, or anything else to bring awareness to start of your day.
- Shower or Soak Whether taking a long soak in the tub or a shower before work, take this moment to feel the water on your skin, the smell of the soap, and the sight and sound of the water as it washes you.
- Waiting with Purpose This may be the perfect time to use minfulness to tap into the senses. Notice your emotions, slow your heartrate, listen to sights, smells, and sounds around you, and push away any negativity.
- Gratitude Take a moment to appreciate and be thankful.

Open this brochure fully for the creative mindfulness activity >>>

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are." – Bill Watterson



Creative Mindfulness Activity

One way to connect with the present moment is through creative outlets like coloring. The image above is suggested as a way that you may begin. As you start this activity be sure that you are able to focus. Notice the patterns, the curves of the lines, and familiar shapes. Choose whether to outline the shapes with a pen or to color in the areas or both. Take note of the movements in your hand as you begin to color the page. Notice the colors that you choose, what feelings do the colors bring to mind? If you encounter intrusive thoughts gently dismiss them and return your attention to the page.