

Practice mindfulness



How can mindfulness help me?

Mindfulness can improve:

- Relaxation and calmness
- Mood
- Health and well-being
- Sleep
- Worry and guilt
- Focus and concentration
- Control over behavior
- Anxiety and stress
- Chronic pain
- Negative self-talk

Did you ever open the refrigerator looking for something, but couldn't remember what you were looking for?

Have you ever driven somewhere and realize you have no memory of how you even got there?

Have you ever been introduced to someone and not remember their name seconds later?

These are examples of mind-**less**-ness. You can improve this by being mindful.

What is mindfulness?

- It is a way to train your mind and body to be present in the moment.
- It focuses on being aware of your thoughts and feelings without trying to change or control them.

How do I practice mindfulness?

- Take a walk in nature. Notice colors, sounds, temperature, textures, and smells. Stop and notice 3 things around you.
- Be present when talking to someone. Try to really listen to what they are saying. Try not to think about you are going to say next.
- Be aware of your steps when you walk from one place to another. Feel how your feet touch the ground and how your body feels when it is moving.
- Relax for a set time each day. Set a timer for 5 minutes and sit comfortably. Feel the sensations in your body. Be aware of your thoughts and your breathing. Notice how your mind wanders. Bring it back to focus on your breath.
- Listen to a guided mindfulness meditation on a CD or website, use an app on your phone, attend a class.

To learn more

Connor Integrative Health Network

UHhospitals.org/services/integrative-medicine

216-285-4070

Locations: UH Cleveland Medical Center and Warrensville Heights

Offers free links on website to recorded meditation exercises

The Gathering Place

touchedbycancer.org

216-595-9546

Locations: Beachwood and Westlake