



Mindfulness is **non-judgmental awareness** of our thoughts, feelings, or experiences **in the present moment.**

Mindfulness can help us experience our thoughts and feelings with more



Research¹ shows that mindfulness can:



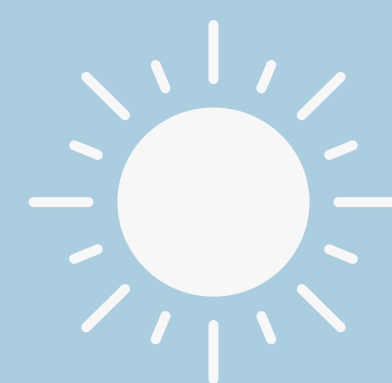
REDUCE STRESS



HELP MANAGE PAIN



IMPROVE SLEEP



COMBAT DEPRESSION

PRACTICING MINDFULNESS

By **intentionally directing our focus** away from distractions (like negative thoughts, solving problems, making plans, or daydreaming etc.) and **towards the world around us**, mindfulness can help us relax our bodies and reduce stress.

Especially outside!

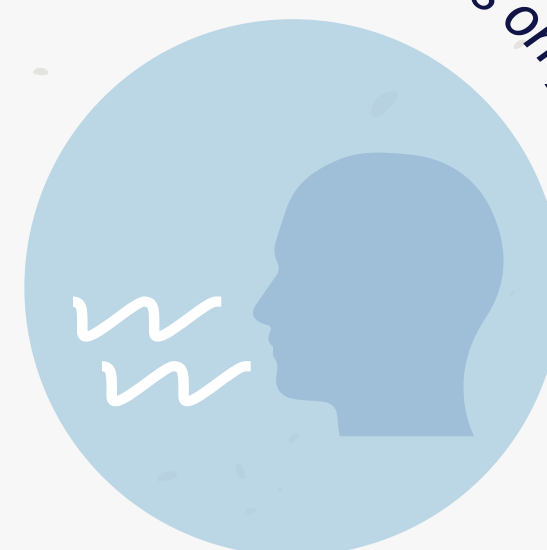


Notice your Surroundings



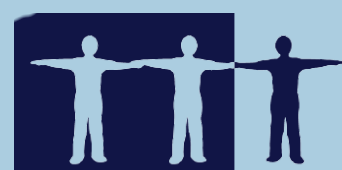
Listen to Music or a Guided Meditation

Focus on your breath



Use Breathing Exercises

When you get distracted, gently bring your attention back to the mindful activity. There is no "right way" to be mindful. The act of **intentionally redirecting your focus** is what has benefits.



Mood Disorders Society of Canada
La Société Pour Les Troubles de L'Humeur du Canada

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1. MayoClinic (2020). Mindfulness Exercises.