

# MINDFUL MAY: IMPORTANCE OF MINDFULNESS AND HOW TO PRACTICE

MINDFULNESS

## May is a great time to start incorporating mindfulness practices into your daily routine!

By definition, mindfulness is the the practice of paying focused, intentional attention to the present moment without judgment. This means you use each sense to pay attention to environment around you. Mindfulness is not a skill that we are born with, it is a skill that is strengthened with practice. Mindfulness is a great tool to utilize in all areas of your life.

### Why Is It Important?

Mindfulness is important to mental health because it helps individuals develop greater awareness of their thoughts, feelings, and bodily sensations, enabling them to respond more effectively to stress and emotions. By focusing on the present moment without judgment, mindfulness can reduce rumination, anxiety, and negative thinking patterns that contribute to mental health challenges.

### Mindful Breathing

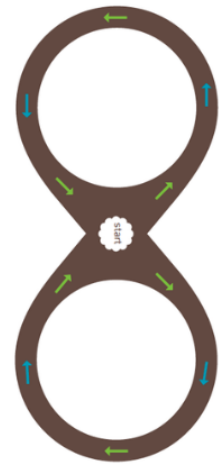
Mindful breathing is important because it helps activate the body's relaxation response, reducing stress and promoting a sense of calm. By focusing on the breath, individuals can anchor themselves in the present moment, preventing overwhelming thoughts and anxiety. Regular practice of mindful breathing improves emotional regulation, enhances mental clarity, and can even boost overall physical health by improving oxygen flow and lowering heart rates.

### Mindful Eating

Mindful eating is important because it encourages individuals to pay full attention to the taste, texture, and sensations of their food, which can lead to a more satisfying and enjoyable eating experience. It helps promote healthier eating habits by fostering a deeper awareness of hunger cues and preventing overeating or emotional eating.

### Mindful Breathing Exercise

Trace the figure below with your finger; breathing in as you trace up and exhaling as you trace down.



Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.

