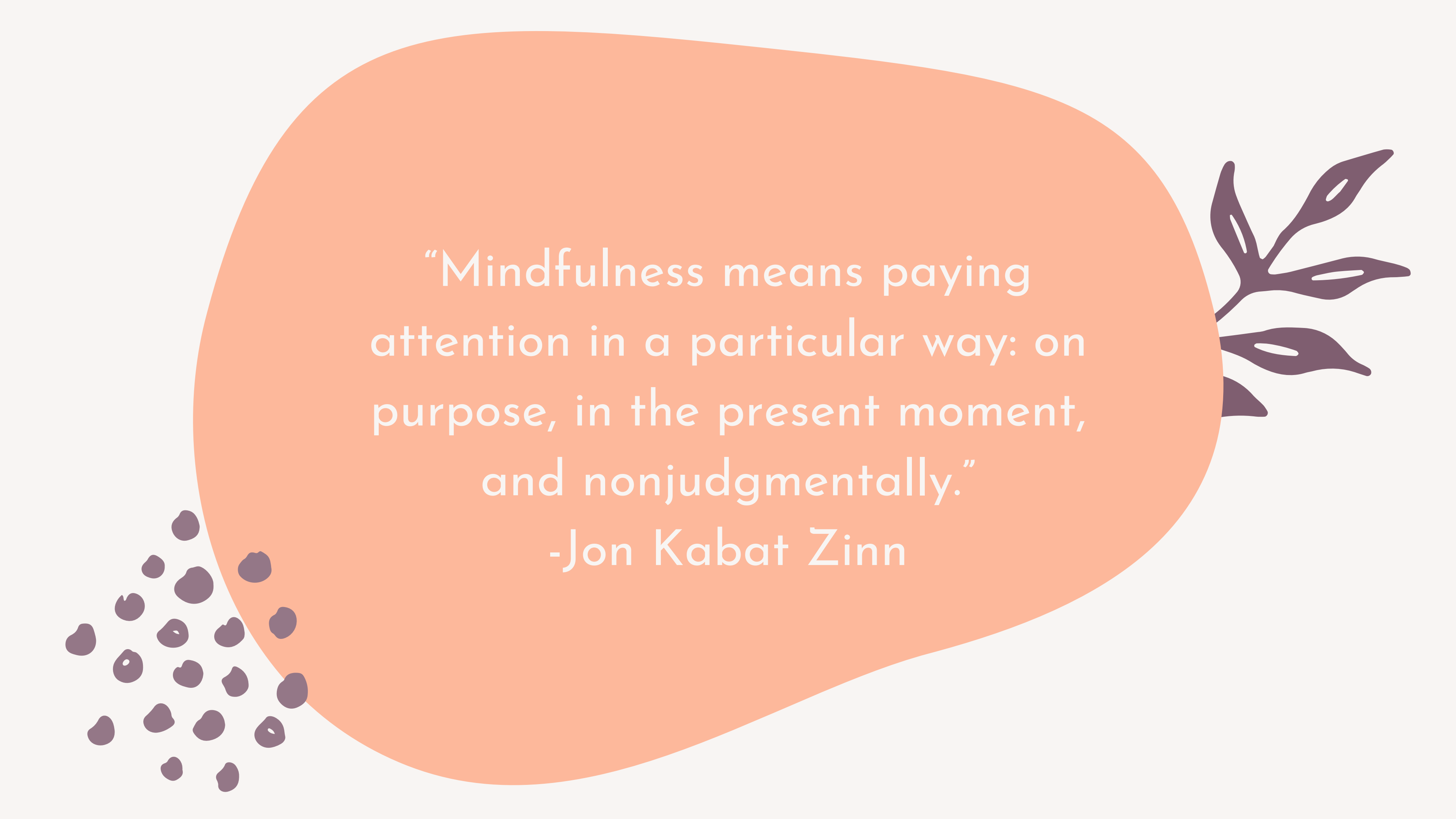




Mindfulness As A Tool for Holistic Well-Being

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“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”





-Jon Kabat Zinn



Mindful Minute

*Make time for a sacred
pause.*





Emerging research shows that mindfulness and compassion practices remodel the brain's physical structure in ways that build resilience and support well-being.

Benefits of Mindfulness



- Reduces stress & anxiety
- Improves emotional regulation
- Improves focus & attention
- Increases compassion & altruism
- Increased sense of connection and community

Resources:

www.mindfulschools.org

<https://greatergood.berkeley.edu>

The Four Mindful Literacies

Mind

Body

Heart

Relationships

Mind

1. *Accept this moment*
2. *Observe thoughts and sensations*
3. *Create space*

Body

1. *Mindfulness of breath*
2. *Offering full presence*
3. *Awareness of body*
4. *Pain does not have to equal suffering*

Heart

1. *Mindful self compassion*
2. *A grateful heart*
3. *Embracing impermanence*

Relationships

1. *Embrace right relationship*
2. *Practice right speech*
3. *Metta/Loving-Kindness*

A decorative illustration featuring a large, light beige rock shape in the center. To the left, a person with dark skin, wearing a black top and orange pants, is sitting on the rock, looking towards the right. Orange leaves and branches are scattered around the rock, with some on the left and some on the right. At the bottom right, there are several small, dark purple dots. The background is white.

Resources

www.insightla.org

www.worthybeyondpurpose.org

www.uclahealth.org/programs/marc/free-drop-ins



With gratitude



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