

# MIND FULL OR MINDFUL?

Control your mind,  
don't let it control you



**Being mindful means focusing on things happening in the present moment. It's taking the time to purposefully pay attention and be aware of your surroundings, your emotions, your thoughts and how your body feels.**

## **Being mindful offers the following benefits:**

- Reduces worrying and anxious thoughts
- Aids with stress management
- Boosts memory
- Improves focus
- Lessens emotional reactivity
- Improves relationship satisfaction

## **You can practice mindfulness by:**

- Being aware of your body.
- Feeling your breath. Follow the sensation of your breath as it goes in and out.
- Being kind to your wandering mind. Let your mind wander but don't judge yourself or obsess over the content of the thoughts.
- Making peace with your imperfection and being tolerant of imperfection in others.
- Slowing down and focusing on one task at a time.
- Practicing compassion and forgiveness.
- Staying consciously present. Notice when your mind is thinking multiple thoughts and simply return your attention to your breath to return to the present.
- Taking notice of your surroundings while walking or doing something routine.
- Enjoying your meals by sitting at a table, eating at a normal pace, enjoying the taste and paying attention to when you are full.

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**TAKE CONTROL >>>>**

CONDITION MANAGEMENT PROGRAM