

Mindfulness: Your Guide to Living in the Now



Do you wish you could live in the moment and handle stress better? Practicing mindfulness may be what you need.



Mindfulness Defined

Mindfulness is a moment-to-moment awareness of your thoughts and feelings. You notice what's going on inside your heart and mind, without judging any of it. When intrusive thoughts or feelings try to distract you, pushing them away in the name of mindfulness will help you regain focus.



Why Mindfulness Matters

By practicing mindfulness, you can better live in the moment. **You may also enjoy benefits to your physical and mental health, such as:**

- Better sleep
- Enhanced ability to manage pain and stress
- Improved ability to stop eating when full
- Lowered blood pressure
- Reduced risk of anxiety and depression symptoms



Add It to Your Life

You can be mindful anywhere. **One of the most common techniques only takes 5 or 10 minutes.**

- Sit down in a quiet environment.
- Without changing how you're breathing, focus on just breathing in and out.
- Any time you start thinking about the worries of the day, refocus on your breathing.



Curious how mindfulness may benefit your health?
Speak to a provider to learn more: weillcornell.org/doctors