

Keep Learning | **Mindfulness Based Stress Reduction**

Mindfulness practice can slow your heartbeat, promote feelings of calm, help you think clearly, reduce stress and anxiety, improve your attention, and improve your sleep.

**Spend a few minutes focusing on one of the following**

* Your breathing
* Your feelings in this moment
* Your surroundings

**Mindfulness Exercises to try at home**

**Body Scan**

Lie on your back with your legs extended and arms at your sides, palms facing up. Intentionally focus on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

**Sensory Scan**

Sit still in your room or outside in nature for 2 to 5 minutes. Pat attention to all 5 of your senses and make a mental note of what you see, hear, smell, taste or touch. You can also do this by focusing on just one of your senses.

You can also try to name:

* 5 things you see
* 4 things you hear
* 3 things you feel
* 2 things you smell
* 1 thing you taste

**Practicing Gratitude**

Pay attention and make a log of all the things in your day that go well, or that you are thankful for. Being mindful of the good can help you re-frame the not-so-good.

**RESOURCES TO SUPPORT MINDFULNESS PRACTICES**

Greater Good In Action <https://ggia.berkeley.edu/#filters=mindfulness>

UMass Memorial Center for Mindfulness (free online sessions)   
<https://www.umassmemorialhealthcare.org/umass-memorial-center-mindfulness>