# ENCORY HEALTHCARE

Veterans Program

#### Practicing Mindfulness



# Mindfulness means paying attention to the present moment.



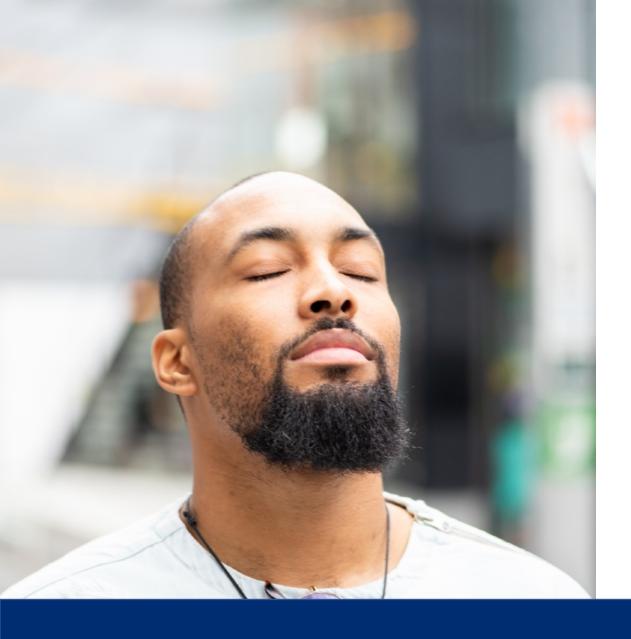


### EMORY HEALTHCARE Veterans Program

Mindfulness has shown to be effective in reducing stress, helping with anxiety and improving emotional balance.

It can also help with getting better sleep and developing better eating habits.





Regular practice of mindfulness helps us direct our attention away from all the thoughts of things we cannot control to experience where we are in the here and now.



# One way to practice mindfulness is to pay attention to your breath.

Perform the following slide for 2-5 minutes.



BREATHING EXERCISE

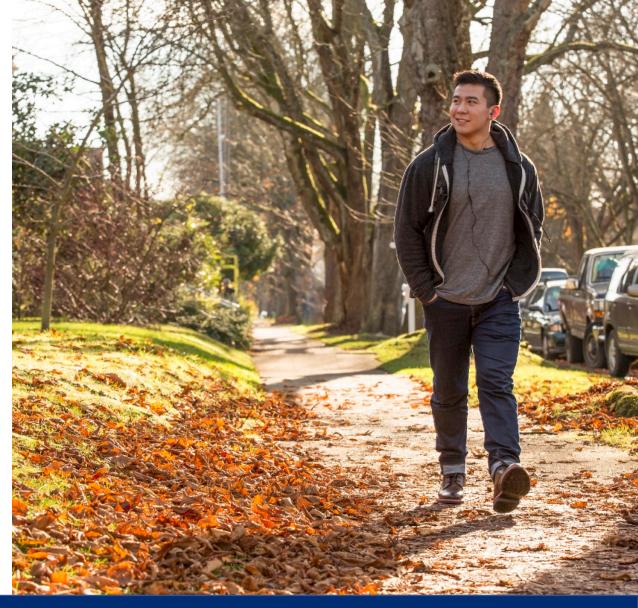
# Click here for a relaxing breathing exercise.

Perform for 2 to 5 Minutes

Instagram: @elevatevibe



You can also practice mindfulness by taking a walk or by savoring your morning coffee.









Practicing mindfulness often increases feelings of gratitude.

What is one thing you are grateful for today?





Remember: Mindfulness is the practice of experiencing the present moment without judgement.



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