

What is Mindfulness?



Mindfulness is about gaining awareness in the present moment. Mindfulness is vital to your health and well-being.

MINDFULNESS IS VITAL TO YOUR HEALTH!

- ✓ **Lowers stress levels**
- ✓ **Improves immunity**
- ✓ **Increases memory, focus and concentration**

EASY WAYS TO BE MINDFUL

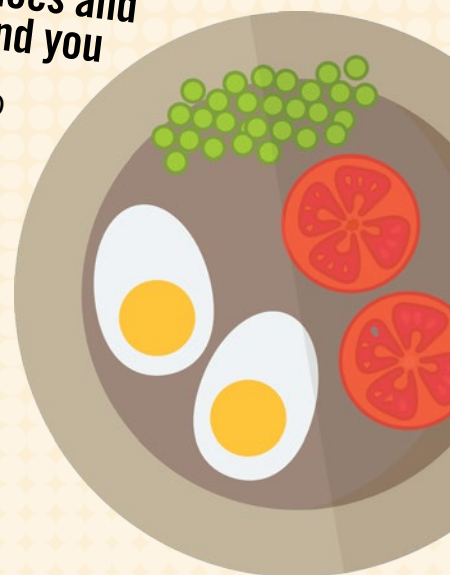
Spend five minutes a day focusing on your breathing

Eat slowly and savor your food

Disconnect from devices and tune in to those around you

Use all your senses to experience the world

Connect with nature



5.2 the average stress level reported by adults in 2012, on a scale of 1 to 10



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Sources: WebMD, Stress.org, Psychology Today, American Psychological Association