

# Mindfulness

## Fact Sheet

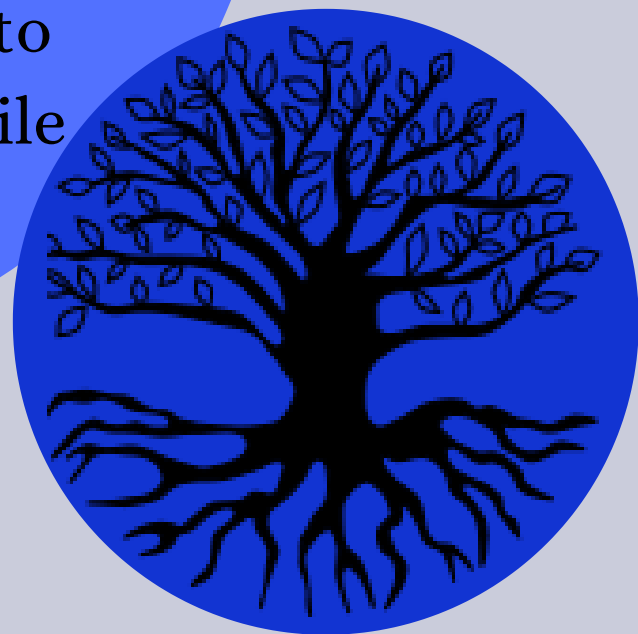
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### What is Mindfulness?

Mindfulness is taking time to look at one's own situation and experiences **without** a critical lens.

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Thoughts, emotions, and feelings can be identified, but should not be criticized. The goal is to accept their presence while staying grounded in the present.



# Why is Mindfulness Important?

Mindfulness trains your brain to handle stress in a healthier way.

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Instead of being lost in a storm of emotions, those who use mindfulness have the ability to recognize stress as it arises, making it easier to find the source of the issue and regain control.

It can help you be more aware of your surroundings and those around you

# Daily Mindfulness Exercise

Step 1: Find a comfortable position that allows you to take deep breaths. As you take deep breaths let your mind begin to wander.

Step 2: As your mind wanders, allow your thoughts to flow freely. Try your best not to judge the thoughts, just acknowledge them and let them go.

Step 3: Begin to think about the world surrounding you. What do you feel beneath you? What can you smell? Do you feel warmth or a chill?

Step 4: Close your eyes and take deep breaths. When you feel calm and centered, you have finished the exercise.

# Examples of Mindfulness on Campus

Mindful Action	Why it's Useful
Being mindful about putting trash in the garbage and recycling in the proper cans	Keeps the ground clear for those who may not be able to see the trash you leave on the ground
Using the automatic door button when it is necessary for you to use <b>without</b> kicking or damaging the button	Keeps the doors operational for those who cannot open the doors on their own
Not parking in an accessible parking space if you do not identify as having a disability, or if you do not require accessible parking	Ensures that accessible parking spaces closer to entrances and exits are available for a person with a disability