

Mindfulness



Life can be full of distractions. By paying attention to our thoughts and feelings, we can better take care of our mental health. This is called mindfulness.



Why practice mindfulness?

Mindfulness is a tool used to help treat stress, anxiety, depression, and more. Benefits include:

- Better concentration
- Less stress
- More control over emotions
- Improved memory
- Higher relationship satisfaction
- Lower risk of job burnout



How to practice mindfulness.

It may be tough at first, but being open to your thoughts and feelings is important.

- Take in your environment with all your senses.
- Slow down and breathe. Close your eyes and focus on your breath.
- Scan your body. Take a moment to focus on each part of your body.
- Take a walk. Feel the support of the ground beneath you.



We're here to support you.

Need someone to talk to? Looking for more ways to add mindfulness into your daily routine? Mental health providers at First Stop Health are here to help! Download our app for care that's available wherever you are. **Scan to get started!**