



# Let's Talk about: *Mindfulness*



Hi CCS Community!

I hope you are enjoying the summer and staying active! I have been spending the summer traveling, spending time with family and working on building healthy habits. On the topic of healthy habits, I wanted to talk a little about mindfulness today. Since being on summer break, I have been thinking more about what mindfulness means to me and how I strive to practice it.

## **What is Mindfulness?**

Mindfulness is the ability to maintain an **inner sense of being calm and aware** of what is going on around you

I think of it as the ability to pause, reflect, and then act

Mindfulness is less of a concrete thing and more like a skill that you need to practice like listening or speaking up

## **How do I actually practice being mindful?**

I am by no means an expert on mindfulness, this is something that I have been working on over time and will continue to work on

Over the past few years, I have thought of a few ways to practice being more mindful

One of the major things I have learned is to **slow down and do activities on my own**

As someone who loves to be around other people, I am not often alone

To actually be mindful, you need to spend time on your own to figure out how you are feeling and to **stay present**

## **Here are some things you could try to practice being mindful:**

**Start writing in a journal** at the end of each day to recap the events of the day and also write down your thoughts and emotions

Writing in a journal helps gather your thoughts and also helps you process everything that happened that day

**Go on a walk** in the afternoon or after dinner without your phone or any devices and try to take in the streets, cars passing by, and nature around you - focus on your breathing and the sounds around you

**Try meditating for 5 minutes** during the day - you can set a timer on your phone and close your eyes for a few minutes, or check out this link to a meditation I have been enjoying on YouTube:



At the end of the day, even thinking about being present for a few minutes each day is a step in the right direction. Let me know if you try any of these mindful practices or you have other suggestions! Enjoy the rest of this month and see you next month for the first fall edition :)