



CALMING THE STRESS RESPONSE USING MINDFULNESS



Mindfulness is defined as paying attention to what we sense or experience in the present moment, on purpose, and with nonjudgmental acceptance.

BENEFITS OF PRACTICING MINDFULNESS



Increased **academic achievement, attention, and executive functioning**



Decreased **stress response** and **reactivity**

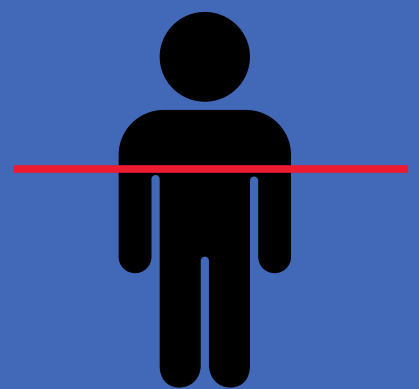


Decreased **anxiety**, and **depressive symptoms**

BODY SCAN

A guided mindfulness practice, which involves **paying attention to various parts of your body in a gradual sequence.** It is designed to develop a mindful awareness of your bodily sensations.

Regularly practicing the body scan can help **quiet the mind, release tension, relax the breath, and improve concentration and awareness.**



[Click the icon to listen to an 8-minute audio recording of a guided body scan.](#)

SITTING MEDITATION



[Click the icon to listen to a 4-minute audio recording of a guided sitting meditation.](#)

Another guided mindfulness practice, which involves **sitting upright** and **focusing on your breathing.**

Sitting meditation is a great way to **start building your own regular practice** and experience the benefits of mindfulness.

