



# Practicing Mindfulness



## What is mindfulness?

Mindfulness is a way to relax and focus on what you're feeling and sensing right now, without judgment. It includes breathing exercises, guided images, and other activities to calm your body and mind, which can help reduce stress.

Thinking too much about problems, plans, or negative thoughts can make you feel tired and stressed. It can also lead to anxiety or sadness. Mindfulness helps you focus on the present moment and pay attention to what's happening around you, rather than getting stuck in your thoughts.

## Benefits of meditation



Improved Attention



Increased Energy



Improved Sleep



Improved Diabetes Control

## How to practice mindfulness?

Here are some simple mindfulness exercises you can try:

- 1. Pay attention:** Take time to notice your surroundings with all your senses — touch, sound, sight, smell, and taste. For example, when eating, really focus on the smell and taste of your food.
- 2. Live in the moment:** Be present and focus on what you're doing right now. Find joy in small things.
- 3. Accept yourself:** Be kind to yourself, just like you would to a good friend.
- 4. Focus on your breathing:** When negative thoughts come up, sit down, take a deep breath, and close your eyes. Focus on your breath going in and out. Just one minute of breathing can help you feel calmer.

These exercises can be practiced anywhere at any time. See the next page for more guided meditation options.

## Mindfulness Meditation Exercises

- **Body scan meditation:** Lie on your back with your legs straight and arms at your sides, palms up. Slowly focus on each part of your body, from your toes to your head (or vice versa). Notice any feelings or thoughts connected to each part.
- **Sitting meditation:** Sit comfortably with your back straight and feet flat on the floor. Focus on your breath as it moves in and out. If thoughts or sensations interrupt, simply notice them and return your focus to your breath.
- **Walking meditation:** Find a quiet space about 10-20 feet long. Walk slowly, paying attention to the feeling of each step and the balance in your body. When you reach the end, turn and continue walking, staying mindful of your sensations.

**Tip:** If you are unsure how to start, try looking for “Beginner Mindfulness Meditation” videos on Youtube.

## Eisner Health is here to help!

Whether you're dealing with stress, anxiety, sleep problems, or tough emotions, we all need support sometimes. At Eisner Health, we're here to help you and your family with your mental health so you can live a happier life.

Call us at **(213) 747-5542** to make an appointment with one of our behavioral health team.

**If you or anyone you know is experiencing thoughts of suicide, a substance abuse crisis, or emotional distress, please dial 988 to receive immediate assistance.**



**988**



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