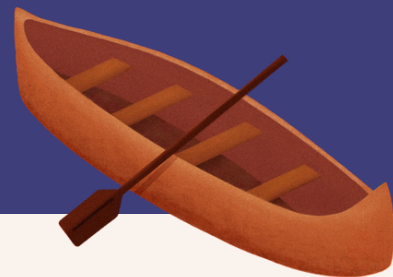


# Mindfulness



## *How to make it a part of your life*

So much of our lives, we are thinking about what we need to get done, whom we may need to call and connect with, or our never-ending To-Do Lists. Often, many people do not take the time to become present in the moment due to these constant stressors and distractions, and this can cause us to miss out on some great events as we feel we may be stuck in our heads.

This is where the concept and practice of mindfulness comes in. Mindfulness is the ability to get in touch with the present and be in the here and now. It is the ability to slow down to fully engage in the moment or activity we are doing and helps to limit or turn the volume down on the other stressors trying to get our attention. Mindfulness is a skill that needs to be practiced, and over time, the amount of time we feel we can be focused on, present for, or in the here and now will increase.

### **Try this exercise to help you return to the present moment**

This exercise is designed to help us engage with the here and now. The great thing about this exercise is it can be done anywhere. It can be done in groups of people, it can be said out loud, or on our own if we need a little mindfulness or relaxation during our day.

Take a few minutes to try out this tool and connect with your 5 senses in a purposeful and mindful way.

### **5 Senses Exercise**



5 things you can see



4 things you can hear



3 things you can feel/touch



2 things you can smell

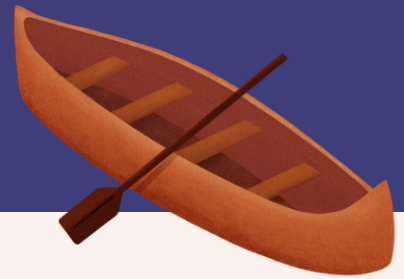


1 thing you can taste



LAYLA

# Mindfulness



## Key points:

- Mindfulness is a tool that anyone can learn and incorporate into their life; for everyone, it takes time and practice
- Mindfulness is the connection to the here and now or present moment
- It can be connected and dedicated to any activity; yoga, walking, cooking, playing with kids or pets, etc. It is often thought to be connected to our breath; the ability to focus on breathing in and out and slowing down our breath to help us relax.
- For some people, they reach such a state of relaxation in their mindfulness practice they may fall asleep- that's okay!

*Please note that this handout should not be considered as or substituted for medical advice, diagnosis, or treatment. Layla is not a healthcare provider so your use of this article is at your own risk. If you or someone you know are in need of immediate care, are in crisis or danger of harm, call 911 or proceed to your nearest emergency room immediately. If you are experiencing extreme sleep issues that disrupt everyday life and the solutions provider on this tips sheet have proven unhelpful, please consult a licensed professional for further support.*