



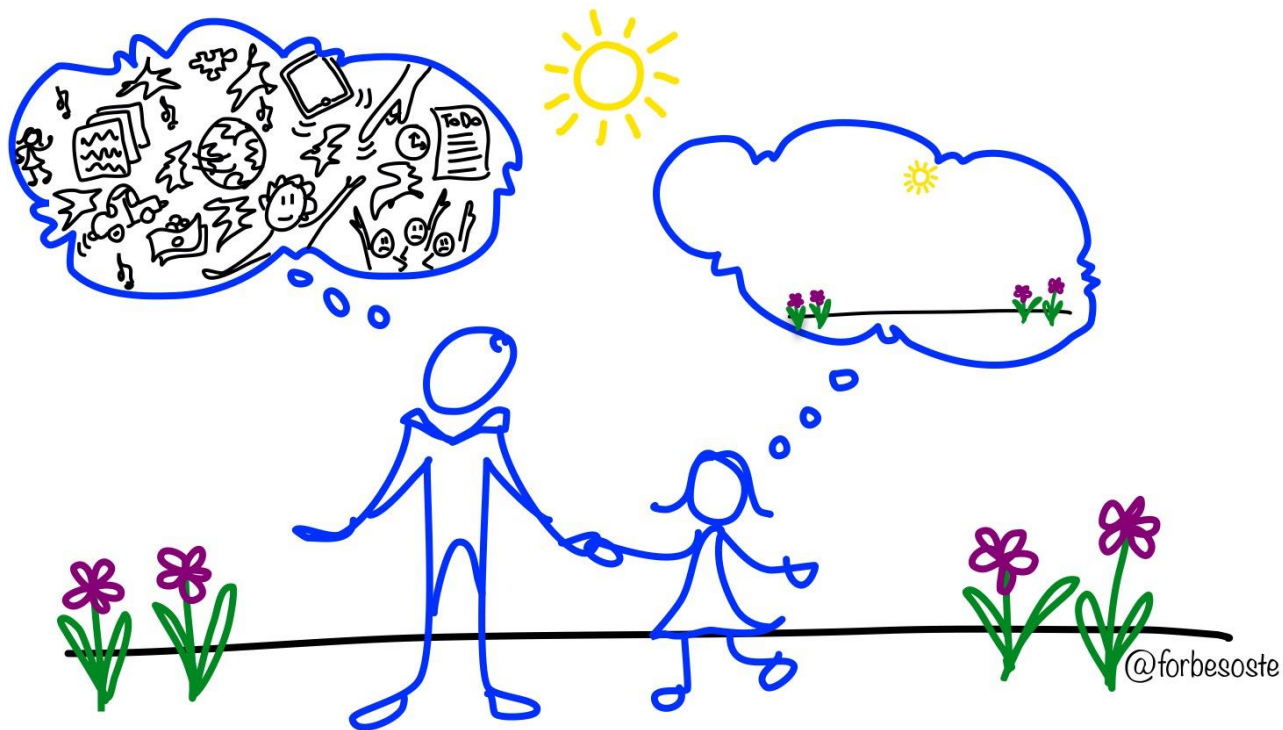
Centering  
Healthcare  
Institute



Mindfulness for  
Beginners

# What is Mindfulness?

## Mind Full, or Mindful?



# Mindfulness...



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**Mindfulness** is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.



# Why is Mindfulness important for your health?

- Good for your heart
- May decrease cognitive decline from aging or Alzheimer's
- Improve your immune response
- Mindfulness may reduce cell aging
- Help reduce psychological pain

- Practicing **mindfulness** involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.



# 15 Mindfulness Activities

1. 5 Senses
2. Intention Setting
3. Deep Breathing
4. Freeze Dance
5. Candle Gaze
6. Drinking Exercise
7. Eating Exercise
8. Gratitude List
9. Follow Your Breath
10. Stillness
11. Chime
12. Introspection
13. Journaling
14. Sound Meditation
15. Foot Grounding/Walking Meditation



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