



PRACTICE MINDFULNESS

Mindfulness is paying attention, on purpose, in the present moment and non-judgmentally—or in other words, knowing what you are doing while you are doing it. – Jon Kabat-Zinn

Taking a few minutes each day to practice meditation or mindfulness many have many health benefits, including:

- **Reduced anxiety**
- **Prevention and treatment of depression**
- **Increased self-worth**
- **Improved concentration**
- **Improved cognition**
- **Reduced implicit bias**