Mindfulness Activity Guide

**Directions**

Take time to pay attention to your present moment experience with an attitude of openness and curiosity using the tools provided below.

**Benefits**

- Greater stress resilience.
- Reduced anxiety and depression.
- Improved focus.
- Stronger immune system.
- Less reactive behavior.
- Helps to start new habits and let old ones go.
Pause and check in. Take a few breaths to notice what’s going on around you.

Be Curious. Let go of all judgements and expectations.

Connect. Drop your agenda when listening to others.

Use Your Senses. Stop to notice how things look, feel, sound, smell, and taste.

Be Kind. Practice patience, kindness and generosity – to others and yourself.

Focus. Reduce distractions and multi-tasking.

Meditation. Ten minutes a day is a great way to try it out. Ten minute audio sessions are located on the next page.
Meditation Audio # 1

https://health.uconn.edu/wellness-center/take-10-meditation-1/

Meditation Audio # 2

https://health.uconn.edu/wellness-center/take-10-meditation-2/