

HAVE A MOMENT OF MINDFULNESS



*Educational content provided by
UGA Extension in Thomas County.*

TRAIN BETTER. LIVE BETTER.

Wellness Wednesday

ARE YOU BEING MINDFUL?

You may have heard the term “mindfulness” before but not really know what it means. Mindfulness is a practice that allows you to focus on your feelings and senses. Meditation can be helpful in reducing stress, anxiety, pain, and increasing focus and academic performance. You can practice mindfulness in lots of ways! Some examples are:

- **PAY ATTENTION:** Take time to experience your environment using all of your senses. Notice how things taste, smell, and feel.
- **LIVE IN THE MOMENT:** Try to find joy in the simple things of everyday life, appreciating the opportunities you have right now.
- **TAKE A DEEP BREATH:** You can practice breathing in for 5 seconds and out for 5 seconds. Repeat this 3–5 times, making sure that you inhale through your nose, exhale through your mouth, and feel your belly expand and contract with each breath.

This message is brought to you by Live Better and our partner Rose City Outdoor.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.