How to Practice Mindfulness
TO REDUCE TENSION AND STRESS, INCREASE HAPPINESS, AND IMPROVE PHYSICAL HEALTH

Observe both inside and outside of yourself
Notice what is coming in through your senses (see, touch, taste, smell, hear). Observe what you are feeling, what you are thinking, and what you notice in your environment.

Describe only what you observe without interpretation
Put words into your experiences and label what you observe with words that come to mind right away.

Fully experience the moment
Focus your attention to only one thing at a time. Remove distractions and be present in the moment.

Be patient with yourself
Practicing mindfulness exercises takes patience. Aim to practice mindfulness everyday, whether you are indoors or outdoors.