



## What is Mindfulness?

- A practice of non-doing.
- Actively tuning in to each moment to remain awake and aware from one moment to the next.
- Paying attention on purpose.
- Not judging whatever is happening as "good" or "bad."
- It is not:
  - A way to avoid difficulty.
  - About achieving a different state of mind.



## Choose to focus on your breath when...

Waiting for a phone call or text to be answered

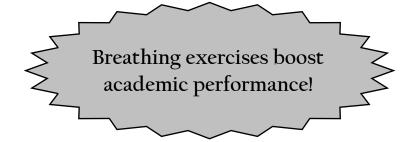
Waiting in line to get food

Walking to class

Listening to music

Getting dressed

You have a break in class



## The 4-7-8 Complete Breath Exercise:

- Exhale completely through the mouth, making a  $\Diamond$ "whoosh" sound.
- Close your mouth and inhale quietly through your nose  $\Diamond$ to a count of FOUR.
- Hold your breath for a count of SEVEN.  $\Diamond$
- Exhale completely through your mouth, making a  $\diamond$ "whoosh" sound to a count of EIGHT. (Repeat)



Check out our Relaxation and Breathing Exercises webpage! go.pacific.edu/relaxation

this, I will.

## 5 - 4 - 3 - 2 - 1 Game

Look around you. Identify and name:

5 things you can see 4 things you can feel 3 things you can hear 2 things you can smell 1 thing you can taste





