

# MINDFULNESS

## 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

Breathing exercises boost academic performance!

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

- ◇ Exhale completely through the mouth, making a “whoosh” sound.
- ◇ Close your mouth and inhale quietly through your nose to a count of **FOUR**.
- ◇ Hold your breath for a count of **SEVEN**.
- ◇ Exhale completely through your mouth, making a “whoosh” sound to a count of **EIGHT**. (*Repeat*)



**Meditate on this, I will.**

Check out our Relaxation and Breathing Exercises webpage!

[go.pacific.edu/relaxation](http://go.pacific.edu/relaxation)

# 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



Mind Full, or Mindful?

Don't just look,  
**OBSERVE.**  
Don't just swallow,  
**TASTE.**  
Don't just sleep,  
**DREAM.**  
Don't just think,  
**FEEL.**  
Don't just exist,  
**LIVE.**

## 7 Things Mindful People Do Differently

# 1

Approach everyday things with curiosity  
—and savor them

Forgive their  
mistakes—  
big or small

# 2

Practice  
compassion and  
nurture connections

# 4

Embrace vulnerability  
by trusting others—  
and themselves

# 6

# 3

Show gratitude for  
good moments—and  
grace for bad ones

# 5

Make peace with  
imperfection—  
inside and out

# 7

Accept—and  
appreciate—that  
things come and go