

# A Taste of Mindfulness for the CCOE

How can mindfulness positively  
impact you?

# What is mindfulness?

- Paying attention in a particular way:
  - On purpose,
  - In the present moment, and
  - Non-judgmentally

- Jon Kabat-Zinn



# How can mindfulness be practiced?

With focus on:

- Breath
- Whole body/body scan
- Body movement
- Feelings
- Senses
- Thoughts
- Intentions
- Observations

# Components of Mindfulness Practices

- Attention regulation
- Body awareness
- Emotional regulation
- Change in perspective of the self

# What are some outcomes we see?

- Better attention & focus
- Less anxiety and stress
- Less depression
- Less pain
- Increased well-being

# Sources

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