

MINDFULNESS



MENTAL HEALTH MATTERS

What is mindfulness? The practice of paying attention to the present moment non-judgmentally.

BENEFITS

- Decreases stress, anxiety, and depression
- Promotes positive self-talk and emotional awareness

EXAMPLES

- Meditation
- Breathwork
- Gratitude journaling
- Grounding techniques (5,4,3,2,1 technique)

CAMPUS RESOURCES

- Meditation & Mindfulness Club
- Mindfulness Page

FOR MINDFULNESS APP SUGGESTIONS VISIT:

<https://www.gvsu.edu/counsel/self-help-applications-218.htm>