

Mindfulness Exercises

Mindfulness is a form of meditation which has an overall positive effect on anxiety and stress if practiced regularly.



4 good mindfulness exercises:



Mindfulness of the Breath: Awareness of the breath is one of the foundational exercises for learning mindfulness meditation. It's a popular starting point because the breath is something you can always access. It serves as a valuable anchor for other mindfulness practices.



Body Scan: The body scan is a simple, structured way of bringing consciousness to different parts of body. The body scan can be very useful as a grounding mechanism when facing strong emotions, or if you're having trouble stabilizing awareness on the breath or body.



Mindfulness of Walking: Walking mindfully cultivates awareness of your body while it is in motion. Mindful walking can help to increase your energy level if you are tired or restless, and it can also add variety if you are doing longer periods of seated practice. It's also useful because directing attention to walking, and even standing, is something you can do throughout the day.



Calm App: We offer students the chance to access the calm app. Calm is the #1 mental health app designed to help you manage stress, sleep better, and live a happier, healthier life.