

Learning to Be Present — Mindfulness Fact Sheet

Introduction

Mindfulness means paying attention to the PRESENT moment, on purpose, without judgment. It helps calm the mind, reduce stress, and connect more fully to life. Through being mindful you create the skill to “be” present. To show up!

Why It Matters

- Lowers anxiety and stress
- Improves emotional regulation
- Increases focus and productivity
- Strengthens relationships through presence

Science Behind Mindfulness

Regular practice changes the brain’s structure, strengthening the prefrontal cortex (focus, decision-making) and reducing amygdala reactivity (stress). Research shows mindfulness can improve mood, sleep, and resilience to stress.

Ways to Practice Daily

- Pause and notice your breath.
- Check in with yourself and notice how you are feeling.
- Bring attention to your senses when eating, walking, or listening.
- Use short, guided meditations.
- Replace multitasking with 'one thing at a time.'

Quick Tips

- Start small: 1–2 minutes of focus daily.
- Anchor yourself with breath when distracted. Just notice your breathing...
- Practice kindness towards your wandering mind — gently return to now.

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