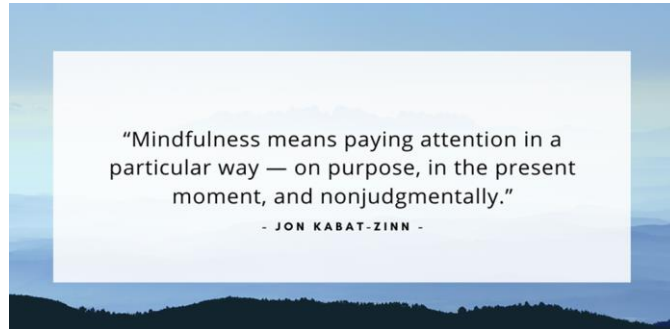


# Mindfulness



## Exercise Mindfulness – Gather Your Focus

Ever found yourself not being able to get those distractions out of your mind or feeling overwhelmed? As a student you probably know better than anyone how juggling inner thoughts, checking social media and texts, and doing that untimely snack run with friends when you have a deadline due interferes with focus and concentration. The good news is that there are simple ways to be more present and to work with that sense of feeling overwhelmed. One method is called the “mindful pause.” It can take as little as 30 seconds, and you can do it any time you start feeling an inability to focus stressed or overwhelmed. The “mindful pause” is so quick and discreet that you can do it anywhere. Just create “mindful pauses” into your daily schedule and you will find that when difficult moments arise, you’ll be ready.

### **The “Mindful Pause” in 4 steps:**

**1. Close your eyes and take a deep breath.**

Inhale slowly, filling your lungs. By slowing and deepening your breathing, you welcome feelings of relaxation and calm.

**2. Turn toward your body.**

Open your attention to the sensations in your body. Let yourself notice whatever comes up: warmth, tingling, pressure, or the touch of clothing. There is no need to evaluate the sensations as “good” or “bad.” Itching is simply itching. Coolness is simply coolness.

**3. Rest your attention on your breath.**

Pay attention to the sensation of air touching your nostrils as you breathe. These sensations anchor you in the present moment. Just like the previous step, this step can be as short as one in-breath or one out-breath.

**4. Carry on with your life!**

The last step of the “mindful pause” is to simply re-engage with the world, without hurry. Take a couple of seconds to slowly bring your awareness back to your surroundings.

### **With Mindfulness Practice:**

- You are better able to bounce back from distractions.
- You can tame the stress reaction.
- You experience a sense of calmness and clarity.
- You will fall less into the habit of procrastination.
- You will enjoy the academic benefit of improved memory.
- Your test taking anxiety decreases.