

BREAKING DOWN MINDFULNESS

The 5 Ws + How



WHO?

- Anyone who has 5-15 minutes
- Anyone feeling anxious, stressed or distracted
- Anyone looking to learn and grow

WHAT?

- Focusing on the here and now without judging yourself
- Fast, easy and portable strategy

TWO TYPES:

Open Meditation Observe & let go of thoughts & feelings

Focused Meditation Focus on the breath only

WHEN??

Before or after stressful events AND/OR daily practice



WHERE?

- Anywhere
- When first learning, try to find a comfortable and quiet place to practice

WHY?

- Reduces stress
- Increases awareness of thoughts & feelings
- Strengthens ability to stay focused when there is distraction
- Turns down the volume on your inner critic and busy mind

it's okay to
feel your
feelings

HOW?

- Take 5-15 minutes per day
- Keep eyes closed or relaxed
- If you get distracted from being mindful, it's ok!
- It takes practice and most people find it difficult at first, but it gets easier! Try out the links below to see which types of mindfulness work for you!

LINKS

- [Try a 20 minute mindfulness practice](#)
- [Try one of these 5 - 20 minute mindfulness practices](#)
- [Learn more about the science of mindfulness](#)
- [Check out the MSU Clinical Psychophysiology Lab for more.](#)



Department of Psychology
MICHIGAN STATE UNIVERSITY