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

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.