

# Mindfulness

## What is it?

Ability to be fully present with thoughts, feelings and body

## Origins

Practiced in ancient Hinduism and Buddhism

## Benefits

Improves overall wellbeing  
Improves mental health  
Improves physical health

## How to practice

Spend time outdoors

Meditate

Focus on one thing at a time

Self reflect

Slow down

Employ your 5 senses