

do something. choose mindfulness.



Mindfulness is about accepting and being aware of our experiences and surroundings. It involves grounding ourselves in the present moment as it is.



Mindfulness helps students boost their memory and reading comprehension skills. A study from UCSB showed that these students even scored higher on the GRE!



College students who practice mindfulness experience decreased stress and anxiety, improved concentration and attention, and increased overall emotional well-being.

1 BREATHE

Inhale deeply, allowing your belly to expand. Notice the cool breath in the back of your throat on each inhale.

2 PAUSE

Hold the breath for 4 seconds before exhaling fully, feeling the warmth of the air as it leaves your body.



3 REPEAT

Continue breathing in this way for a few more breaths. Notice how your mind and the rest of your body responds.

LEADERS *at their* BEST

More Mindfulness Tips

While eating lunch, make an effort to savor each bite. Pay attention to flavors, texture, and smells. If you can, try not to read or watch TV while eating.



When you listen to music, immerse yourself in the experience and bring your attention to the lyrics, instruments, or rhythm.

As you go through the upcoming moments of the day, try to bring this intentional attitude of awareness in all you say, do, think, and feel, as best as you can.

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