

What is it?

To be mindful is to simply pay closer attention to one's thoughts, feelings, surroundings and senses, and not judging your thoughts or feelings as being "right" or "wrong". It is better for you not to dwell on the past or future but to live "in the moment".

Why try it?

Being mindful will make your health better. Being mindful can help the immune system, lower stress and negative thoughts, make pain better, make relationships better, and may help you lose weight.

Taking a few minutes a day is worth it. Mindfulness practice will repay those minutes by wasting less time dealing with worry, stress, and physical symptoms.

How do I get started?

Watch some videos about mindfulness. Go to www.palresources.com and look for the Mindfulness section.

There is a phone app called **Stop, Breathe & Think**.

There are books about mindfulness in the library. Read a book such as **Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World***. If you have pain, try **You Are Not Your Pain****. Jon Kabat-Zinn also writes mindfulness books.

Listen to the guided imagery recordings of Belleruth Naparstek.

Ask your provider for a referral to a psychologist who can teach you ways to lower your stress using mindfulness and therapy.

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