



**PennState**  
PRO Wellness



# BE MINDFUL!

MINDFULNESS IS WHEN YOU ARE CALM AND AWARE OF YOUR SENSES.  
FOR INSTANCE, HOW YOUR BODY FEELS AND THE WAY YOU BREATHE.

## BEING MINDFUL CAN

HELP YOU TO PAY  
BETTER ATTENTION

HELP YOU TO CONTROL  
YOUR EMOTIONS

HELP YOU TO BETTER  
HANDLE STRESS

HELP YOU TO MAKE  
BETTER DECISIONS

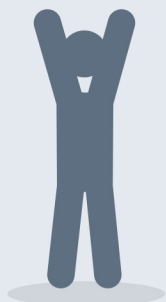
## TRY MEDITATION! IT CAN HELP YOU BECOME MINDFUL



**PREPARE YOUR SPACE!**  
QUIET AND FREE FROM DISTRACTIONS



**GET INTO A COMFORTABLE POSITION**  
CLOSE YOUR EYES AND FOCUS ON YOUR BREATHING



#1  
**THE SUPERMAN**

1. STAND WITH FEET JUST WIDER THAN THE HIPS,  
FISTS CLENCHED ARMS REACHED OUT, STRETCHING THE BODY OUT AS LONG AS POSSIBLE.

2. STAND WITH FEET JUST WIDER THAN THE HIPS,  
AND HANDS OR FISTS PLACED ON THE HIPS.



#2  
**WONDER WOMAN**

CLOSE YOUR EYES, BE CALM, AND TAKE IN YOUR SURROUNDINGS USING ALL OF YOUR SENSES!

TAKE TIME EACH DAY TO PRACTICE MEDITATION FOR MINDFULNESS. MINDFULNESS CAN HELP YOU EXPERIENCE THE WORLD INTENTIONALLY.

