



MINDFULNESS & MENTAL HEALTH TOOLKIT

BENEFITS OF MINDFULNESS

- Stress reduction
- Reduced rumination
- Decreased negative affect (e.g. depression, anxiety)
- Less emotional reactivity/more effective emotion regulation
- Increased focus
- More cognitive flexibility
- Improved working memory

For more information, visit
our [evidence page](#)

PRACTICE TIPS

1. Breathe naturally, simply allow things to unfold naturally, noticing the rising and falling sensation it creates in the body
2. Get comfortable with discomfort. People who are new or well experienced to meditation often experience negative emotions such as anxiety, and restlessness
3. Carry the mindfulness you developed during your practice throughout your day

MEDITATION PRACTICES

1. **3-Step Breathing Space** a short practice to try out when you are feeling stressed or anxious
2. **Loving-kindness Practice** to cultivate a sense of support and care for ourselves and others around you.
3. Download our **Practice Support App** which features all of our meditations from our personal programs

HELPFUL RESOURCES

- Our **Personal Program Calendar** for our upcoming 8-week programs and **Professional Development Program Calendar** for our upcoming mindfulness training programs
- **Covid-19 Pandemic Toolkit**, a list of mental health resources to assist you during this challenging time