

Quick Links—Mindfulness



Mindfulness

What exactly is mindfulness, anyways?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you are sensing and feeling in the moment, without interpretation or judgment.

Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.



Source: (mayoclinic.org)

To get started with mindfulness,
try these podcasts and apps

- [How to Pursue Your Dreams in Unprecedented Times](#) (15 minutes)
- [Four Minute at Work Guided Meditation](#)
- [10 Mindful Minutes](#)

Podcasts

Apps



[Medito App](#): Free Meditation, Sleep and Mindfulness



[Serenity App](#): Guided Meditation and Mindfulness