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# Practicing Mindfulness

Mindfulness means  
paying attention to the  
present moment.



Mindfulness has shown to be effective in reducing stress, helping with anxiety and improving emotional balance.

It can also help with getting better sleep and developing better eating habits.



Regular practice of mindfulness helps us direct our attention away from all the thoughts of things we cannot control to experience where we are in the here and now.

One way to practice mindfulness is to pay attention to your breath.

Perform the following slide for 2-5 minutes.



BREATHING EXERCISE  
FOR RELAXATION #1

**Click here for a  
relaxing breathing  
exercise.**

Perform for  
2 to 5 Minutes

Instagram: @elevatevibe

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You can also practice mindfulness by taking a walk or by savoring your morning coffee.







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Practicing mindfulness  
often increases  
feelings of gratitude.

What is one thing you  
are grateful for today?



Remember: Mindfulness is the practice  
of experiencing the present moment  
without judgement.



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888-514-5345