



Walker Therapy Services

WHAT IS MINDFULNESS?

- Being present in the moment
- Not focusing too much on the past or future
- Can reduce anxiety, stress, depression
- Can be done with 1. Meditation, 2. Exercises, 3. Mindful eating
- Meditation may not be suitable for those with PTSD (Do it with a therapist)
- Mindful exercises can be focusing on something you normally wouldn't and assessing the sensations
- Mindful eating is taking time to taste the meal, enjoy the meal, and savor the process
- There are many ways to be more mindful, don't get discouraged if one doesn't work