

WHAT IS MINDFULNESS?

Staying present in the moment and accepting our feelings and thoughts without judgement



HOW TO CULTIVATE MINDFULNESS

Build self-awareness to know when you are **NOT** mentally in the present moment by redirecting your focus using these simple techniques:

THOUGHT LOG



When your mind begins to wander, write down those thoughts that keep you from staying present and in the moment.

BODY SCAN



Deliberately check in with your body. Scan from your head to your feet. Where do you feel tension? Where can you release the tension?

3X3 GROUNDING



Shift your awareness to the here and now by naming three things you can see, hear, and feel to bring you back to the "now."



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