

**Mindfulness is being present in the moment. It involves noticing what's happening within us and around us with curiosity and openness. We strengthen our capacity for awareness by practicing mindfulness meditation.**

We can also bring more awareness into everyday experiences:

- 1. Stop to clear your mind.** Follow a full breath in and a full breath out three times before starting a task or joining a meeting. This will help you to bring freshness and clarity to the work at hand.
- 2. Tune in to your mood.** Give yourself permission to become more aware of your emotions. Do this with curiosity and patience. This will help you to build your resilience and to cultivate emotional intelligence.
- 3. Listen with curiosity.** Catch yourself the next time you cut someone off in a conversation. Listen with the intention to learn. This will lead to more productive discussions and better relationships.
- 4. Manage your attention.** Take charge of your devices and reduce distraction. Turn off all notifications and add back only the ones that you actually need. This will improve your mental fitness.
- 5. Move your body.** Stand up and stretch or take a walk every 20 minutes. Tune in to the sensations in your body—the breath and muscles moving. This will increase circulation and reduce inflammation.

**Get on your path to a healthier, happier life today!  
Visit [themindfulpath.com](https://themindfulpath.com).**



“Cheryl is the most inspirational person that I know; she casts a wide and deep positive leadership shadow that impacts so many people each and every day.”

“Cheryl's resiliency and strength are not so much surprising as they are stunning aspects of her life that are ever present.”



Cheryl Jones, Founder and Executive Director of The Mindful Path. She is an exercise physiologist with extensive training in Mindfulness-Based Stress Reduction and a Certificate in Spirituality from the University of Saint Joseph. Cheryl was formerly Aetna's Wellness Strategy Lead and Director of Mindfulness. She is the author of *Thriving When Your Cosmic Egg Is Cracked* and *Mindful Exercise*.