

Mindfulness Tip Sheet

Mindfulness is the ongoing process of paying attention to your thoughts, emotions, and experiences in a particular way: on purpose, in the present moment, and without judging. Research shows that mindfulness can improve mental health and well-being. Adults can create a supportive climate for mindfulness to flourish. The following tips can help make mindfulness part of our daily lives and teach others to do so as well.



Be Intentional. Start your week in a mindful frame of mind. Take time to set the stage so you can focus your attention on the things that matter to you most. Focus not just on what you want to do, but also how you want to be.



Just Breathe! Our thoughts and feelings can get in the way of paying attention. It sounds almost too simple to be true but taking time to breathe can focus your attention. Managing stress is an important life skill. The lesson “**Just Breathe!**” in the *Coping with COVID* curriculum has several breathing techniques to get you started.



Attitude is Everything. It’s easy to get caught up in the constant changes around us, especially during this time of a global pandemic. One way to change our mindset is to develop an attitude of gratitude. Expressing gratitude directs the focus from self-focused awareness to focus on others. The “**Growing Our Gratitude**” lesson in the *Coping with COVID* curriculum can give you some ideas to get started.



Keep Going. Mindfulness is not “one and done.” Be in it for the long haul. Research shows that it can take from 2 to 8 months to make a new behavior stick. Although it’s easy to get discouraged, if you get off track, just pick back up and keep going.

To access *Coping with COVID: Lesson Plans to Promote Mental, Emotional, and Social Health*, go to <https://go.osu.edu/CopingWithCOVID>.

Sources: Lally, P. et al. (2009). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40(6), 998-1009. | Shapiro, S. L. et al. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology*, 62(3), 373-386.

For more information about January Mental Health Month please visit go.osu.edu/MentalHealthMonth or facebook.com/ohio4h

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