

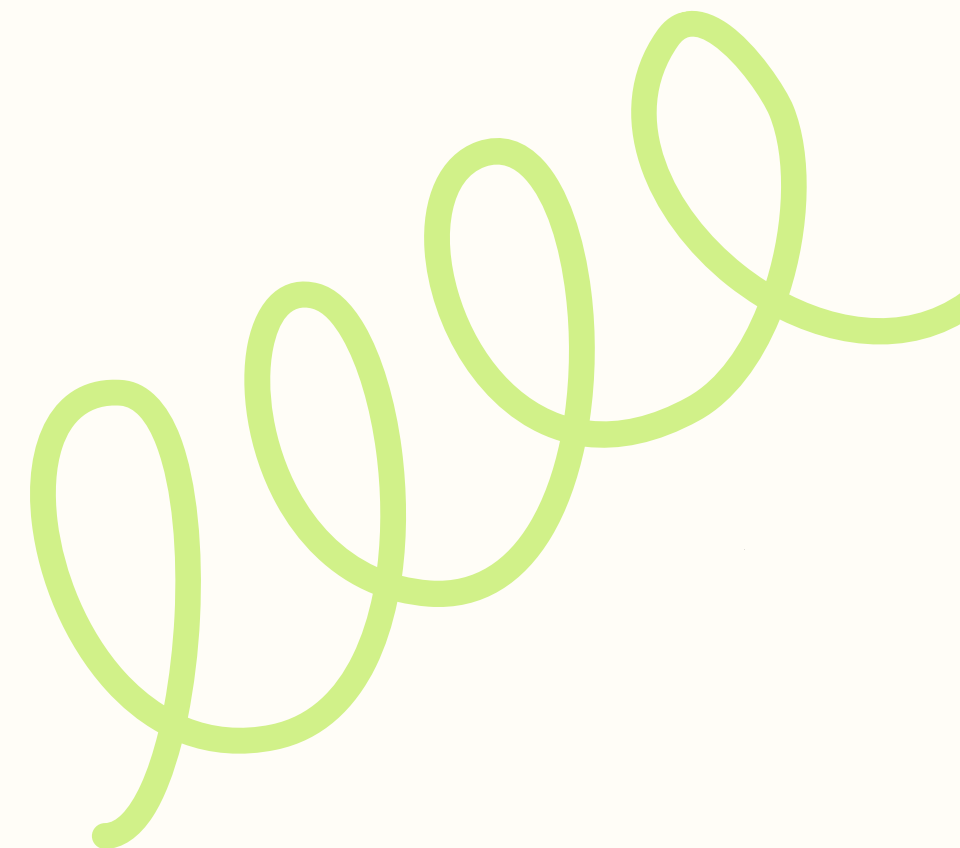
# Self-Care Series

## Mindfulness - more than Meditation



# Learning Agenda:

- Mindfulness defined
- Benefits
- Mindful practices
- Mindful doodling activity





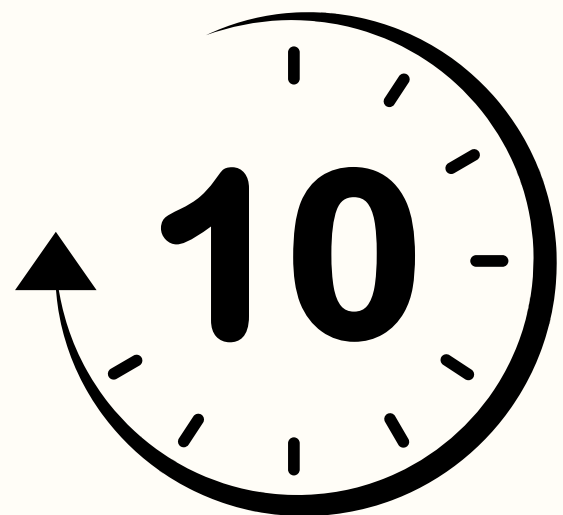
Mindfulness is...

Awareness + Acceptance

# Benefits of Mindfulness

**Neuroplasticity:** the ability of your brain to change and adapt over time.

- Decreased stress
- Improved emotional regulation
- Decreased depressive symptoms



Regular and often  
10 minutes daily



# Mindful Practices



Yoga/Exercise



Art



Observing Nature



Eating



Walking



Cooking



Puzzles



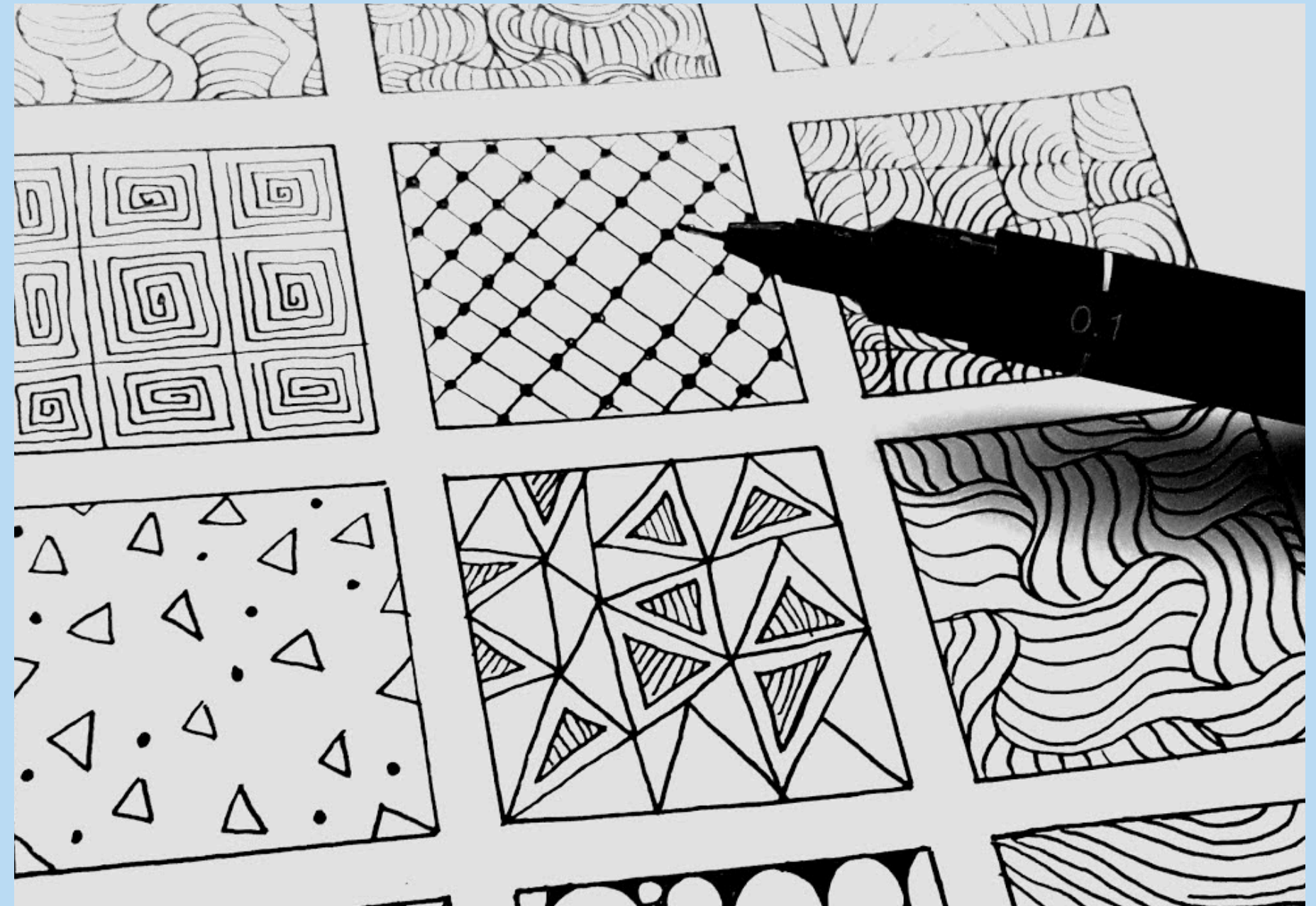
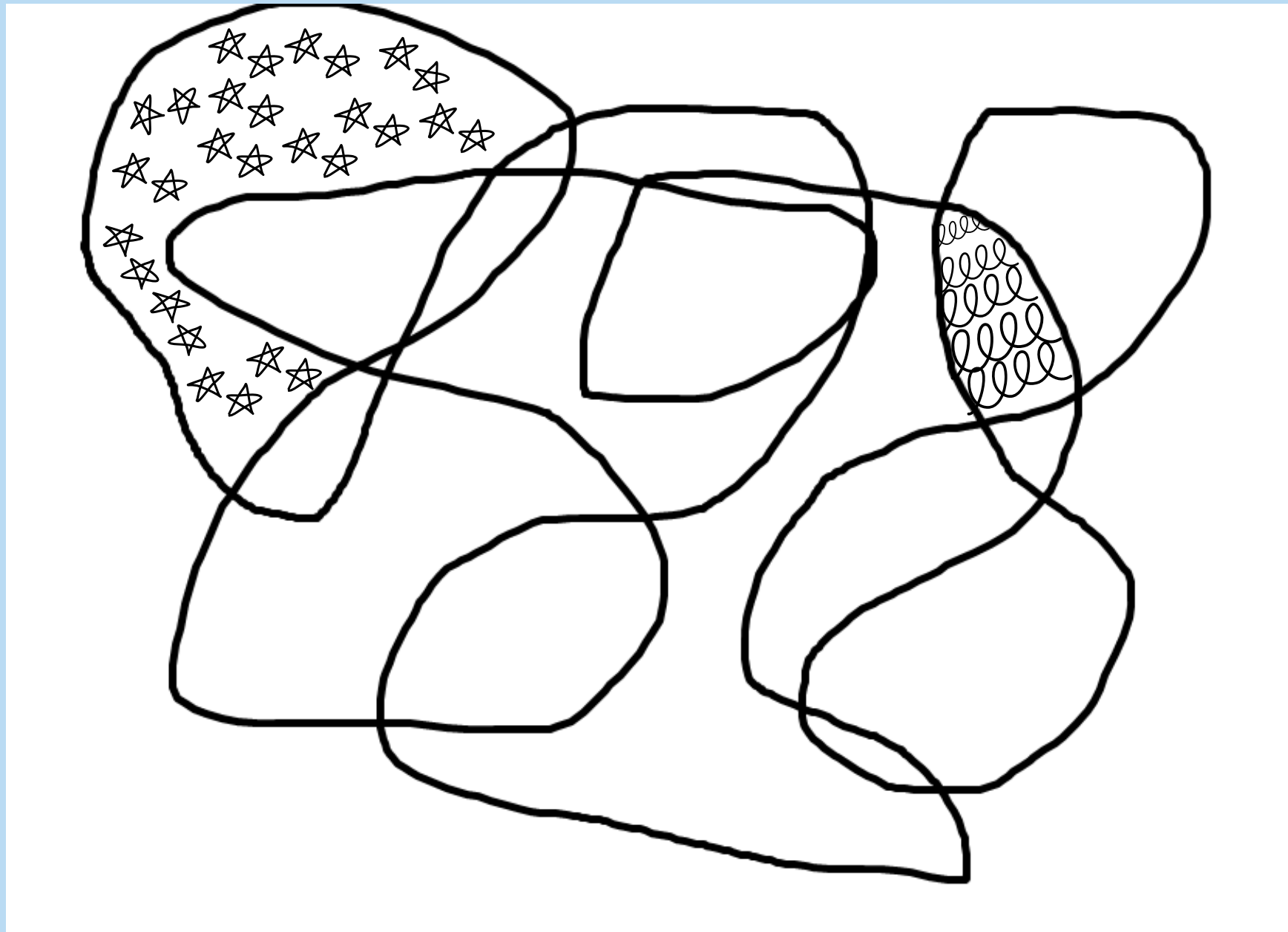
Writing



Gardening

# Let's Try It!

## Mindful Doodling Activity





# Thank you!

Send us a message at  
[purolatorhealth@purolator.com](mailto:purolatorhealth@purolator.com)  
if you have any questions.