

Mindfulness Wrap-up



... a fun, friendly competition promoting physical activity and personal wellness

Who looks outside, dreams. Who looks inside, awakens.” – Carl Jung

Health Update
Week 8

Throughout the last few weeks, mindfulness and its derivatives have been applied to all of the dimensions of wellness spectrum including social, career, physical, financial, and community wellness.

To recap, mindfulness is **awareness** that has an intentional purpose, an engaged presence, and non-judgmental acceptance. It has psychological, physiological, and spiritual benefits.

Some mindful behaviors include noticing when your mind is wandering and returning to the present, noticing your thoughts and reactions without having to react to them, **taking a pause** before dealing with a difficult or stressful situation, and observing your thoughts and feelings without getting lost in them.

Our mental health can also affect our overall physical health. Remember, there is a link between heart disease and chronic stress. Practicing mindfulness helps to develop **good habits** that don't undermine your good health.

Its not just about what you put in your mind, its about what you put in your body,

too. Ever heard of the saying, *“you are what you eat?”* Try planning a menu for a week, shopping with your **health in mind**, or serving just enough at dinner. Not only can this mindfulness help our waistline, but also our wallet!

Myplate is a useful tool to help **build upon** a healthy eating style. Focus on variety of food groups, eating an appropriate amount, and choosing options with less saturated fat, sodium, and added sugars.

Your attitude is also key when it comes to financial health. Lack of financial knowledge can pose a real problem across a person's lifespan. Know what you want and set up a **strategy** to reach your financial goals.

With all that your community provides for you and your family, be proactive and give back! Volunteering brings diverse people together, contributes to local identity, and gives us confidence in our ability to create change.

That's it, folks! Mindfulness is a way of being rather than an activity in and of itself. Try it out and **share** your mindfulness experiences and personal tips with others.

Practice mindfulness– it matters!



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