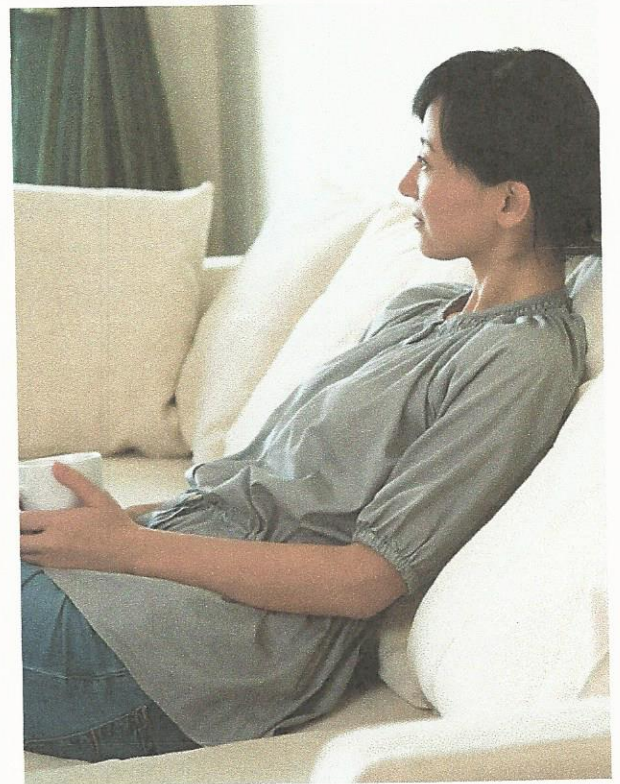


Be Aware of Your Sleep Needs

Sit somewhere comfortable. Think about how your body feels. Are you tense, tired, or sore? Pay attention to your thoughts: are you thinking with clarity, or are your thoughts somewhat foggy? Consider your past few nights of sleep. Are you sleeping enough? Are you sleeping well? Think about any obstacles or challenges that make it harder to sleep. Are there any that you can change? Take a deep breath and feel your abdomen rise, then fall. Anchor yourself back in the present moment, feeling the air around you, letting the sounds float past, and feeling your weight pressing down.

Why?

- Self-awareness and mindfulness improve physical and mental health.
- Conscious awareness of your inner state allows you to react intentionally.
- Mindfulness benefits people with a range of conditions, including depression, anxiety, gastrointestinal issues, cardiometabolic concerns, addiction, and fatigue.



Mindfulness Practices

- Breathing exercises
- Gratitude journaling
- Yoga, qi gong, and tai chi
- Guided imagery
- Mindful walking
- Meditation
- Many more! Try being mindful while eating, listening, or playing.

“Our life is shaped by our mind; we become what we think.”

—Buddha