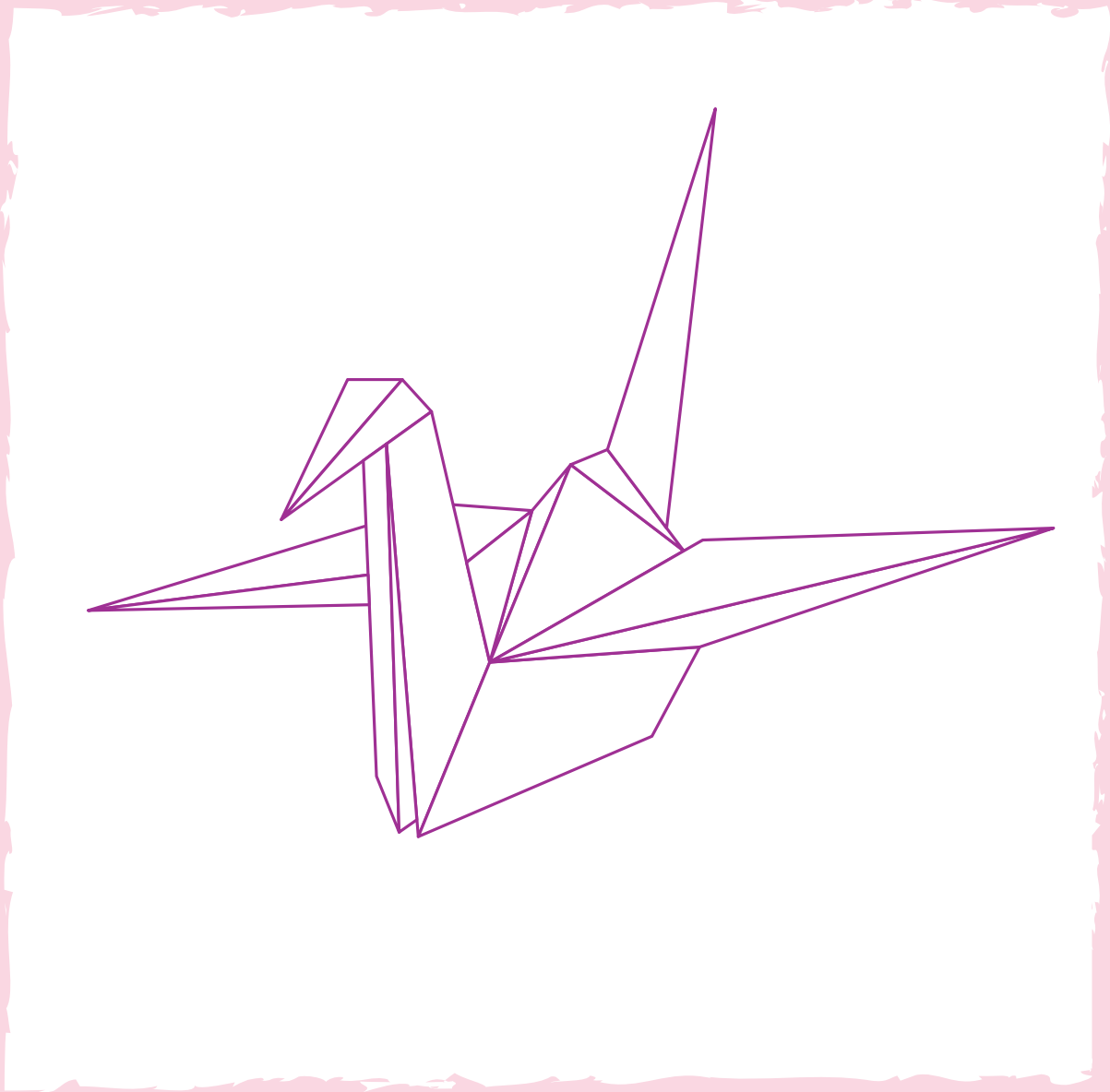


# Practicing Mindfulness with Origami



**This week's Nook Activity is here!**

**Pick up a printed copy of our  
step-by-step guide outside of the OHP  
or swipe through our IG/FB story to  
learn more!**

# Mindfulness & Well-Being

**Mindfulness: the state of focusing one's awareness on the present moment while acknowledging one's feelings and thoughts without passing judgement.**

## 3 Qualities of Mindfulness

**Intention to cultivate awareness**

→ with the goal of returning to it often

**Attention to what is happening in the present moment**

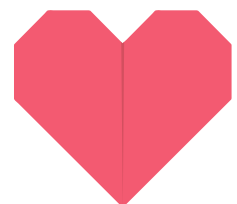
→ this can be done by observing thoughts and feelings

**An attitude that is non-judgmental**

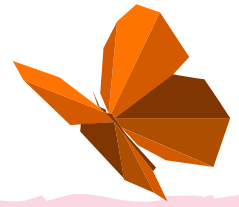
→ one's attitude should also remain curious and kind

**Practicing mindfulness allows for:**

- Improved mood and concentration
- Lower stress levels
- Reduced levels of anxiety and depression
- Stronger immune response
- Decreased cognitive decline
- Reduced rumination



# Practicing Mindfulness with Origami



## 3 Reasons to Use Origami as a Mindfulness Practice:

**1** Origami requires very **few** resources.

**2** Origami is a hands-on activity that **enhances awareness** of the present moment. It can also help you practice withholding judgement while learning a new task.

**3** You can share your origami creation with others, which promotes feelings of **gratitude**.

## Check out these origami tutorials:

Use the attached sheet of paper to create an origami figure while being mindful of what is happening in the moment and aware of your feelings and thoughts.

Heart



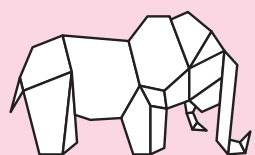
Frog



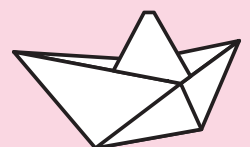
Crane



Box



Note: There is no one right way to practice mindfulness, so try to find what works best for you!





# HEALTH PROMOTION

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Carleton SWAs



Carleton College  
Office of Health  
Promotion



[go.carleton.edu/ohp](http://go.carleton.edu/ohp)

### *Sign up for our Newsletter*

Scan this QR code to sign up for our weekly SWA newsletter, providing OHP updates and information about activities offered by our office!

