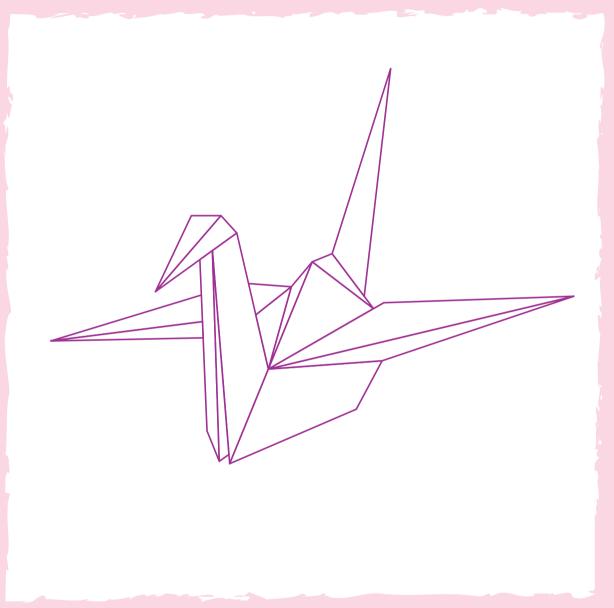
Practicing Mindfulness with Origami



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
- Deceased cognitive decline
- Reduced rumination

Davis, D. M., & Hayes, J. A. (2012). What are the benefits of mindfulness? Monitor on Psychology. https://www.apa.org/monitor/2012/07-08/ce-corner. Delagran, L., & Haley, A. (n.d.). What Is Mindfulness? Taking Charge of Your Health & Wellbeing. https://www.takingcharge.csh.umn.edu/what-mindfulness. University of California, Berkeley. (n.d.). Mindfulness Definition: What Is Mindfulness. Greater Good. https://greatergood.berkeley.edu/topic/mindfulness/definition. Wei, M. (2016, September 2). 5 Ways Origami Boosts Mindfulness. Psychology Today. https://www.psychologytoday.com/us/blog/urban-survival/201609/5-ways-origamiboosts-mindfulness.

Practicing Mindfulness with Origami

3 Reasons to Use Origami as a Mindfulness Practice:

Origami requires very few resources.

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.





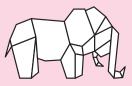












Note: There is no one right way to practice mindfulness, so try to find what works best for you!



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