



DISCOVERING THE POWER OF

MINDFULNESS

DEFINITION

Sometimes, Mindfulness is described as the **art of being present**. In this sense, Mindfulness is conceptualized as a practice where individuals are present, by paying attention and being aware of the moment. This practice is also seen as an open moment, in which individuals have a non-judgemental thinking, are kind to themselves and have an attitude of acceptance (Baer et al., 2019; Zhang et al., 2021).

ADVANTAGES:

- 1 This practice can low levels of stress, depression, anxiety and worry;
- 2 Can help students to deal with stress caused by exam' moments;
- 3 Promote students' concentration;
- 4 Helps to increase the quality of sleep;
- 5 Prepare students to face anger and to deal with disappointment;
- 6 Helps students to deal with life problems and difficulties (e.g. family issues, losing in their sports team).

(Querstret et al., 2020; Sheinman et al., 2018)





DISCOVERING THE POWER OF

MINDFULNESS

FIVE SENSES EXERCICE

When you are feeling overwhelmed, stressed or anxious, just stop and look around. Then stimulate your five senses doing the following steps:



Name 5 things you can see



Name 4 things you can touch



Name 3 things you can hear



Name 2 things you can smell



Name 1 thing you can taste