

WELLNESS WEEKLY

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Have you heard about Mindfulness?

Mindfulness is a mental state of nonjudgmental awareness of the present moment. Being mindful involves acceptance and awareness of our thoughts, feelings and sensations in the present.

Benefits of Mindfulness:

1. Reduces stress and symptoms of depression and anxiety
2. Improves ability to adapt to stressful situations
3. Improves the ability to “hold space” for your emotions
4. Improves emotional awareness

Types of Mindfulness Practices:

BODY SCAN



10-minute mindfulness meditation- be present



5-4-3-2-1 Method



Mobile Response Team
24/7

Text4Teens:
(845) 391-1000



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