



***Practicing Mindfulness to Combat Stress:
What it means to be mindful***

To be mindful is to be at peace with what it is. It means to be aware, and when we're aware, we are present. Generally, the source of our stress stems from things that have either already happened or have yet to happen.

Practicing mindfulness keeps us in the moment and allows us to focus on what's right in front of us. When we do this, we open up the ability to build bonds with others and create strong interpersonal relationships.

Most importantly, we give ourselves the opportunity to experience life and the bouts of happiness that it has to offer. Unless the current situation is stressful, don't make it so by living in the future or the past. We already have enough on our plate as it is.