

April 2024 Wellness Tip: Mindfulness and Meditation

As the semester wraps up, stress levels can skyrocket. But staying mindful—being present and aware in the moment—is a great way to stay grounded and connected with yourself amidst the chaos of everyday life.

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, **without judging them good or bad**. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

See this introduction video to mindfulness: [An introduction to mindfulness](#)

Mindfulness is often easier to understand through experience than through explanation. [Try this exercise](#) to experience what it feels like to do a common activity mindfully. You just need 5 minutes and a few raisins.