




MINDFULNESS

MINDFULNESS IS THE ABILITY TO NOTICE YOUR THOUGHTS, FEELINGS, SENSATIONS AND IMPULSES WITHOUT JUDGING YOURSELF OR TRYING TO CHANGE ANYTHING.

WHAT SKILLS

- **Observe**
Sensing, noticing, or attending to present moment experience(s)
- **Describe**
Put words or labels to what you observe
- **Participate**
Allowing yourself to experience the emotions, thoughts, and sensations as they happen

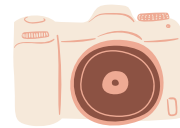
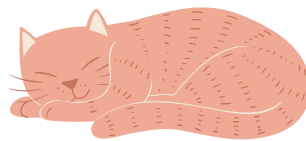
HOW SKILLS

- **Nonjudgementally**
Observing a fact without evaluation
 - **One-Mindfully**
Conscious effort to do one thing at a time and avoid multitasking
 - **Effectively**
Doing what works
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WHAT IS MINDFULNESS ANYWAY?

Mindfulness is the practice of being fully engaged in the present moment. It is the ability to be aware of ourselves, what we're doing, and what we're feeling, without any distraction or judgment.

You can practice mindfulness in many different ways. You can try meditation or take short breaks throughout your day to just stretch and be present with how your body feels. You can take a walk and notice what you smell, feel, hear, and see. You can also add mindfulness exercises to physical activities like yoga, pilates or sports.



Why is mindfulness important for international students?

"It has benefitted me as an international student," she says, "because there are many challenges you face being in a foreign country – being a full-time student and juggling finances.

"Practising mindfulness brings harmony and peace into your life. It also brings acceptance, which teaches us to embrace the moment as it is and as it should be," explains Denise. Hung an international student Torrens University in Melbourne.

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The App used in today's presentation was

