

# HOW TO START A MINDFULNESS PRACTICE

In five easy steps

1

## TRY IT

The best way to see if mindfulness is for you is to try it. We can't learn mindfulness just by reading about it in a book or an article. We need to learn to integrate the practice into our lives experientially.

2

## START SMALL

Rather than jump into a 30-minute mindful meditation, start with something easy and accessible. The mindful exercise of Take 5 is a good place to start because it's simple, short and can be done in the middle of whatever you're doing.

3

## PRACTICE

Just like building your muscles at the gym, mindfulness is a brain exercise that needs repetition for results. In fact, small amounts of mindfulness practice make a big difference: in three days stress goes down, in two weeks focus and memory improves, and in eight weeks there are changes in the brain's neuroplasticity.

4

## HARDWIRE HAPPINESS

Mindfulness helps us better manage stress but it also hardwires happiness. The next time you have a positive experience or happy moment, do a Take 5 mindfulness practice to really soak up the feeling. If we train ourselves to notice and celebrate the little moments, we can literally hardwire happiness in our brains.

5

## USE CUES AS REMINDERS

One of the hardest things about mindfulness is remembering to practice. In the 30 Day Mindfulness Challenge we encourage people to drop cues into their day to help them remember to practice. The cues should be something you're already doing each day so it's easy for you to remember.