S.H.I.F.T. your way from Mind Full to Mindful

Paying attention to what we are Seeing, Hearing, Inhaling, Feeling and/or Tasting can help us SHIFT to a calmer and more present state.

Studies show that when you are more present you are HAPPIER¹, LESS STRESSED and MORE PRODUCTIVE².

Use one or more sensations to bring you into the moment.

What am I Seeing right now?
Observe the space around you. What do you see in this moment?
Focus on things that may relax you... the color of the sky, the texture of a tree trunk, pictures of pets or loved ones.

What am I Hearing right now?
First notice the obvious sounds, then listen for subtler sounds. Maybe notice the sounds of nature, such as rain, rustling leaves, or birds.
Listen to a favorite song or something that is soothing.

What am I Inhaling right now?
Notice the scents around you and/or sensations of breathing.
Pause and take in the scent of leaves while you’re walking to class, the smell of cookies baking at FOCO, or the smell of your coffee.

What am I Feeling right now?
Notice the sense of touch throughout your body — your feet making contact with the ground, the feeling of your clothing against your skin, the warmth of a hug.
Pet a furry animal and lower your stress and blood pressure at the same time³.

What am I Tasting right now?
Take a moment and really check in to that food you’re eating. Is it sweet? Salty? Both? Slow down and savor each bite.
Mindfully eat a piece of pizza, dark chocolate, or your favorite treat. Let go of judgment and enjoy the flavor.

¹ greatergood.berkeley.edu/article/item/does-mind-wandering-make-you-unhappy
² hbr.org/2015/12/the-busier-you-are-the-more-you-need-mindfulness