



Sharpen Our Skills

Mindfulness

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Presented By Melissa Beemer

Carls YMCA



Mindfulness is a practice that involves focusing on the present moment without judgment or interpretation. The goal is to retrain the mind to be still and at one with the present moment.

Benefits include:

- improving cognitive ability
- slowing brain aging
- reducing stress, anxiety, and depression symptoms
- increasing a sense of well-being
- helping with pain management
- improving quality of life for those living with chronic conditions

How to incorporate mindfulness into your day:

- focusing on your breathing
- going for a walk in nature
- journaling
- meditating
- yoga

healthline.com

Carls Family YMCA offers several yoga classes throughout the week lead by highly trained instructors. Taking one of these classes is a great opportunity to practice and incorporate mindfulness into your daily routine.

To Find Out More Contact:

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