

# What is Mindfulness?

- Learning to be present and engaged in the moment
- Noticing what is happening right now, how your body feels and what you see, smell, taste and hear
- You can practice mindfulness when you are feeling overwhelmed or stressed
- You can practice in a group or by yourself
- Praying and meditating are great ways to be mindful as well
- Everyone can practice mindfulness

## What can mindfulness do for you?



Higher relationship satisfaction



Better stress management



Improved memory and concentration



Increased compassion and kindness



Better sleep



Improved mental health



Ethnic Communities  
Council of Queensland



ECCQ  
Chronic Disease  
Program



## How could mindfulness help you?

Meditation is one way that you can practice mindfulness at home. ECCQ has developed a quick and easy way for you to take a break and unwind with meditation. Available online and in language. Use the QR code below to access our free resources.

### Available Languages

- Arabic
- Mandarin
- Burmese
- Punjabi
- Cantonese
- Samoan
- English
- Korean
- Hindi
- Vietnamese



For more information about ECCQ, please call (07) 3844 9166 or visit [eccq.com.au](http://eccq.com.au) You may also email us at [administration@eccq.com.au](mailto:administration@eccq.com.au)