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



Increased compassion and kindness



Better stress management



Better sleep



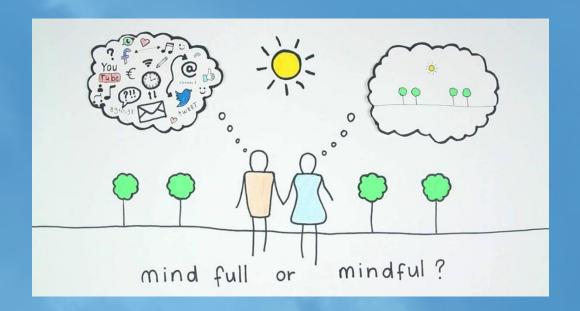
Improved memory and concentration



Improved mental health







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
- EnglishKorean
- Hindi
- Vietnamese

