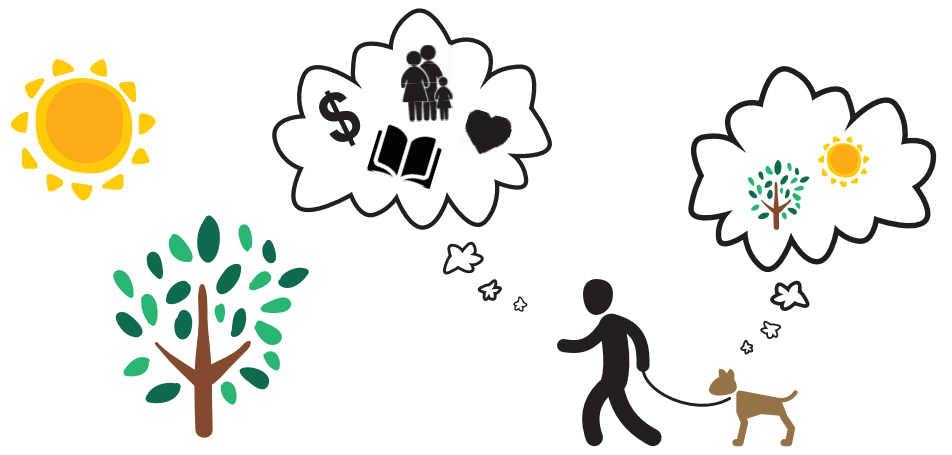


# S.H.I.F.T. your way from Mind Full to Mindful

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 **HAPPIER<sup>1</sup>, LESS STRESSED** and **MORE PRODUCTIVE<sup>2</sup>**.

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



## What am I **S**eeing 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 **H**earing 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 **I**nhaling right now?

Notice the scents around you and/or sensations of breathing.

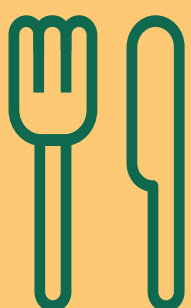
Pause and take in the scent of leaves while you're walking to class, the smell of cookies baking at FOCO, or the smell of your coffee.



## What am I **F**eeling 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 time<sup>3</sup>.



## What am I **T**asting 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.

