

HUMAN PERFORMANCE CENTRE

Need help understanding mindfulness? We Can Help!

Let's Be Mindful of our Conscious Living.

The peaceful bliss of summer vacation and relaxation is coming to a halt as students and parents gear up for the upcoming school year. Although, every school year is a new beginning and exciting for most, it can cause a handful of stress and sometimes anxiety. Our mental health is very important and awareness is key. With every new beginning or change, it is beneficial to be mindful and self-regulate our well-being. For students, moving up a grade, changing schools, having new teachers or starting university are all big life events.

Mindfulness is being aware of our surroundings and embodying the present moment. Mindfulness is a relatively new term under the health and wellness umbrella and it encompasses attention, awareness, intention and attitude. In the article "*Mindful Movement*", Larry Cammarata Ph.D., discusses the significance of mastering the art of slowing down while outlining key indicators and how practicing mindful movements can train individuals to respond to stressful situations with intention. Attending yoga classes, Pilates or other fitness classes can all classify as mindful movement if you are paying close attention to how your body feels while

focusing on inhaling and exhaling with each exercise.

According to the Benson-Henry Institute, between 60-90% of healthcare visits are related to mind and body stress-induced incidences. We are all human; we are engineered to juggle multiple tasks and keep adding to our "to-do" lists, even if it is doing more harm than good. Taking a moment to slow down and be aware of how our body feels in the present moment can make a significant difference coping with life's ever-changing challenges. Students - do not stress too much. Find your niche! Get involved in your local gym or take advantage of the

gym facility on campus and sweat your stresses away.



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