Mindfulness is a fancy word for being in tuned with yourself or self-awareness. When many people think of mindfulness they think of meditation, and while meditation can be a mindfulness activity there are other avenues one can utilize to practice mindfulness.

Mindfulness can help alleviate stress and anxiety during times of uncertainty. According to the American Psychological Association (APA), mindfulness has many benefits including boosted immune system, stress reduction, increase focus, and increase working memory.

If you feel as though you may benefit from tips on mindfulness you can contact me at the email provided and if beneficial, we can meet via Zoom.

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