

# MINDFULNESS

## for your Mental Health



After a year of pandemic, many of us just feel *blah*. We're tired. We're foggy. We're bored of being home.

Here's your invitation to step out of your pandemic monotony and see things with fresh eyes.



### Both a mindset and a skill.

Not just for monks, mindfulness is a skill we can develop by deciding to slow down and taking the time to pay attention and be curious about things that we're experiencing and things that we see around us.



### No experience needed.

Mindfulness can be practiced in many different ways, from formal groups or classes to a short check-in with yourself on the way home from work. There is no right or wrong, and what you experience is what you experience.



### Simple to start.

Most people new to mindfulness first work on three of its main parts: attention, curiosity, and acceptance.



### REAP THE BENEFITS

- Mindfulness can help with emotional awareness and regulation.
- Mindfulness can reduce stress and reactivity, giving us space and calm to consider our responses.
- Mindfulness can bring clarity and compassion to ourselves and to our relationships.
- Mindfulness can help reduce unwanted or distressing thought patterns or feelings.



### ATTENTION

**Attention** means that we are aware of things in and around us - our internal thoughts, feelings, and sensations; things happening around us like sounds; even specific experiences, like the sensation of eating a juicy apple, or of feeling the breeze on your face while you ride outside.



### CURIOSITY

**Curiosity** means exploring without judgment. We look at thoughts, feelings, or sensations from the perspective of an explorer, examining different perspectives so we can better understand what's going on. Curiosity helps us bring an open mind to our mindfulness.



### ACCEPTANCE

**Acceptance** means embracing the present moment as it is, both the good and the bad, rather than resisting it or doing something quickly to change it. It means not trying to control or change the moment, just taking it for what it is.

# Meditate with Medicine Shoppe Pharmacy



Want an easy intro to build mindfulness into your everyday life?

Join the Meditate with Medicine Shoppe Pharmacy Mindfulness Challenge June 21-27! Here's how:



Find your community and register to Ride Don't Hide, then download the Ride Don't Hide app from the Apple App or Google Play store.



Meditate or practice mindfulness for 10 minutes a day at least five days between June 21 and June 27. Tune in for livestream guided meditations to help you get started – 5pm EDT on June 21, June 23 and June 25. Link coming soon!



Share your Mindfulness story using the hashtags #RideDontHide and #MedicineShoppeChallenge.



See your stress go down, your sense of clarity increase, and your overall wellbeing improve.



Rest, and repeat! Mindfulness is good for your mental health all year long.



### Mindfulness Everyday.

- Eat a meal without distractions like TV or any other devices. Pay attention to what you're eating and the different sensations that come up, and notice how it makes you feel.
- Go for a walk and set out to really pay attention to the environment around you using all your senses. What do you experience?
- Talk with a friend without any distractions like phones. Focus on the conversation and really listen without judgments or expectations. Notice how you feel.
- Check in with yourself at any time. What thoughts do you notice? How do they make you feel?
- And a classic: Take a minute to sit quietly and focus on the sensation of your breath. When you find yourself distracted by a thought, acknowledge the thought and redirect your attention back to your breath.



### Thanks to Ride Don't Hide partner Medicine Shoppe Pharmacy!

Learn more about promoting, protecting and celebrating your mental health at the online Ride Don't Hide Rider Centre.

Learn more about how your Personal Pharmacist can support your mental health.