



This article contains general information dealing with health and wellness. It does not constitute medical advice and should not be relied on for diagnosing or treating any illness, injury or disease.

February 21, 2024

Mindfulness Quick Hits!

Today's column is short and sweet! **Short** because your time is precious, and **sweet** because so is your health!

This week we share four quick 3-5 minute videos.

Your assignment is to pick one video, find a few minutes in your day so that you can watch the video, perhaps just before the school doors open, or once the kids have headed out for the day. You are worth it!

Choice 1: "Meditation & Monkey Mind"

In just under 2 minutes, Yongey Mingyur Rinpoche explains, in an entertaining way, what meditation is and what it is not. Watch this if you have been hesitant to try meditation.

Choice 2: Mindfulness and How the Brain Works

This 4-minute video provides a quick and easily understood explanation of how mindfulness helps our brains.

Choice 3: Intro to Focused Breathing and Skill Practice

Focusing on your breathing is a critical component of mindfulness. Learn how to release and focus on your breath in under 4 minutes.

Choice 4: The Sunrise: Meditation and Visualization Exercise

For those who have experience in mindfulness and want to just jump in, here is a relaxing 3-minute exercise to help ground you and bring some calm to your busy mind. Enjoy!

One thing you can do today...

Taking a few minutes each day when you can rest and breathe through mindfulness will have a cumulative affect on your overall well-being. Your job is cognitively and emotionally demanding; if you were physically lifting all day, you would find the time to pause and rest. Do the same for your brain, because it also does a lot of lifting! Pause, with mindfulness.

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.