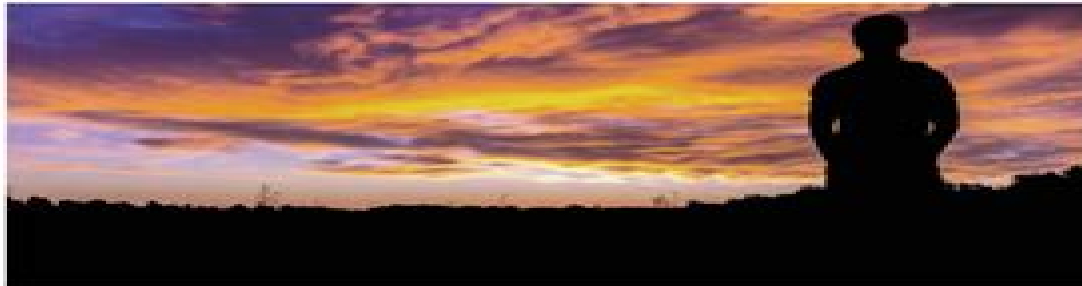


Being Mindful

Information and tips to help you stay focused and manage stress



- ▶ Do you often have a hard time concentrating?
- ▶ Does your mind frequently wander in class? While you're studying? Even when you're talking to someone else?
- ▶ Do you wish you could be more focused and present in class and with others?

If you answered "Yes" to any of the above, you might benefit from learning some mindfulness techniques.

Mindfulness is simply making the effort to notice things that you wouldn't normally pay attention to. When you aren't mindful, you're basically on auto-pilot—and when you're on auto-pilot, you're more distracted and less focused.

Being distracted and unfocused can make succeeding in school difficult, frustrating, and stressful.

Read on to learn how to be more mindful, improve your focus and attention, and as a result, become a better student.

Mindful Being Mindful Being

J Spring



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