

Your Health is Your Priority

Mindful Wellness encourages you to discover your favorite mindful practice for stress reduction.

Stress, according to the OSU Wexner Medical Center, is the response to a perceived demand, internal or external, on our mind, body or emotions. Mindfulness is one technique to help counteract stress and live a healthier life.

Additionally, the Department of Health and Human Services Strategic Plan, reported that, "With an average life span of about 78 years, the average *US* citizen can only expect to live in good health for about 69 of them."

Explore more at
go.osu.edu/mindfulwellness



Want to Learn More?

For more information regarding the new Ohio State University Extension Mindful Wellness curriculum, contact:

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THE OHIO STATE UNIVERSITY

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OHIO STATE UNIVERSITY EXTENSION

Mindful Wellness

Promoting holistic health and
wellness across the lifespan



go.osu.edu/mindfulwellness

FAIRFIELD COUNTY
FAMILY AND CONSUMER SCIENCES

Mindful Wellness

“Mindful Wellness is designed to equip healthy adults with practice and skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan.”

OSUE’s Mindful Wellness

Ohio State University Extension’s Family and Consumer Sciences (FCS) promotes healthy living. Along with topics like healthy eating and exercise, mindfulness is gaining recognition as part of a healthy lifestyle in the United States. Ohio State University Extension offers an overview on the science behind the art of mindfulness as well as the health benefits of stress reduction. How can you live a more mindful, less stressed and healthier life?



What is Mindfulness?

“Mindfulness means paying attention in a particular way: On purpose, in the present moment, and nonjudgmentally.”

-- Jon Kabat-Zinn



Exploring Mindfulness:

The Ohio State University Wexner Medical Center recommends mindfulness practice to complement medical treatment to help reduce anxiety, chronic pain, depression, insomnia and stress. Ohio State’s Center for Integrative Health and Wellness offers free mindfulness recordings for personal use through the OSU Wexner Medical Center.

Just like learning any new skill like cooking, swimming or riding a bike, mindfulness takes time and practice. Consider listening to a download for a few times before you decide it’s not for you. Once you’ve discovered some of your favorite ways to practice mindfulness, keep it up!

- Follow the **LIVESMARTOHIO** Mind and Body blog at livesmartohio.osu.edu
- OSU Extension fact sheets at ohioline.osu.edu:
 - Introduction to Mindfulness
 - Stress Coping Methods
 - Eating Healthy During Stressful Times
 - Helping Children Through Stressful Times

