

Health tip: Everyday mindfulness

Mindfulness is the ability to be fully present and aware of your surroundings. It is creating space to think, breathe and react. The goal of mindfulness is to notice the inner workings of your mental, emotional and physical processes. It is most useful if practiced daily.¹

Mindfulness is not about “fixing you” or stopping your thoughts. It does not belong to a religion. Mindfulness is not an escape from reality or a solution to difficulties and diseases.¹

Mindfulness is beneficial for stress management²

- Mindful individuals tend to be happier and feel less stressed
- Being mindful may affect how you feel about the stressors of your life and how you actively cope with them
- Regular practice may decrease your negativity
- Reducing stress may make your body more resilient to inflammation

Mindfulness has long term benefits³

- Better sleep
- Enhanced memory, concentration and perception
- A healthier immune system
- Increased levels of happiness and compassion
- Improved alertness and ability to focus

Ways to be mindful¹

- Set aside time in a quiet space
- Observe the present moment
- Let judgments pass
- Be kind to your wandering mind
- Continue returning to the present
- Keep practicing

Types of mindful activities

- Meditation
- Deep breathing
- Guided body scans
- Yoga practice
- Time in nature



According to a recent study, practicing just **10 minutes** of daily mindfulness may ease depression and anxiety and motivate you to adopt healthier lifestyle habits.⁴



Sources:

1. The Foundation for a Mindful Society. <https://www.mindful.org/meditation/mindfulness-getting-started/>. 2025. Accessed November 2025.
2. Mindspring. <https://www.mindspringhealth.org/resources/news/the-benefits-of-mindfulness-and-meditation-for-mental-health>. 2024. Accessed November 2025
3. AHA. <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/meditation-to-boost-health-and-wellbeing>. 2024. Accessed November 2025.
4. Harvard Medical School. <https://www.health.harvard.edu/mind-and-mood/10-minutes-of-daily-mindfulness-may-help-change-your-outlook-about-health-improvements>. 2024. Accessed November 2025.

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