



Our Mission

Through a holistic approach to emotional well-being, Wellnest offers hope, healing and opportunity to the children, young adults, families, and communities we serve. Our commitment remains steadfast as we enter our second century of service.

Mindfulness



We often operate on autopilot, like when driving home without conscious awareness. If this sounds familiar and you want to change, read on.

Mindfulness means being fully present and aware of your experiences. **Diana Winston** defines it as "paying attention to present-moment experiences with openness, curiosity, and a willingness to be with what is." Activities like meditation, walking, eating, gratitude, and self-compassion are under the mindfulness umbrella.

There are many benefits of practicing mindfulness. Common benefits are stress reduction, improvement with symptoms of depression and anxiety, health, and burnout.

How do you get started practicing mindfulness?

Discover what you want to do, whether mindfulness meditation, gratitude practice, or walking, and incorporate it into your life. If you start with mindfulness meditation, find a place where you can sit for 3-5 minutes to breathe—during this time, pay attention to your breathing. List 3-5 things you are grateful for daily to practice gratitude. Another mindfulness technique is the STOP technique:

S: Stop what you are doing

T: Take a breath

O: Observe what is happening (body, thoughts, and feelings)

P: Proceed with what you are doing

Here are some mindfulness resources:

1. <https://insighttimer.com>
2. <https://www.uclahealth.org/programs/marc>
3. <https://www.uclahealth.org/programs/marc/free-programming-resources/ucla-mindful-app>





Learn More about Wellnest:

www.WellnestLA.org