

Student Wellness Services

MacEwan Student Centre, Room 370
2500 University Drive NW

Mindful Awareness

There will be events in our lives where we will have no control over. Certain situations will occur, regardless of our actions and intentions. Our brain will automatically interpret and judge these events instantaneously based on past experiences. But mindful awareness provides us a space to pause. After pausing, we allow ourselves unlimited possibilities in how we relate and respond to these events.

By incorporating mindfulness into our life, and pausing before