

## Fact Sheet : Mindfulness

<https://vch.eduhealth.ca/en/permalink/phem4219>

**Catalogue Number:** CB.501.F33

**Language:** English

**Status:** Requested

**Description:** Fact sheet provided by the VGH Recreation Therapy department on Mindfulness tips and practices to reduce stress and improve mood.

**Topic:** Healthy Living

**Subject:** Stress

Mental wellness

**Keywords:** Mindfulness

Recreation Therapy

educational resources

Stress Reduction

wellness

stress release

anxiety

memory