



## Strong Mind, Healthy Body

With flu season just around the corner, some people take daily supplements or eat nutritious foods in order to stay healthy. But did you know that practicing mindfulness can be another effective way to help protect against colds and flus? Mindfulness is the practice of being fully in the present moment and recognizing any thoughts that may contribute to stress, anxiety and ultimately, a compromised immune system. Studies show that even 10 minutes of daily mindfulness is a successful way to calm the mind and strengthen the body.<sup>1</sup>

### How to practice mindfulness for your best health:

- 1. Thought awareness:** Find a quiet place where you can sit and focus your mind on the present moment. Be aware of your thoughts, but be willing to release them as well.
- 2. Body awareness:** Focus your attention on the physical sensation of your breathing. Feel your chest rise and fall with each breath. With each exhale, focus on expelling any stress you may have accumulated throughout the day.
- 3. Emotion awareness:** As you make the conscious effort to release negative thoughts, replace them with feelings of compassion and gratitude. Take note of things in your life that you may have taken for granted before and make the decision to appreciate them.



## So What Can You Do?

To learn about more effective ways to battle the cold and flu season, visit [www.SharpBestHealth.com](http://www.SharpBestHealth.com). We'll show you how to achieve and maintain your best physical and emotional health, and you can access your information anywhere, anytime—regardless of destination!

Click [HERE](#) to learn how to earn more points and win prizes by participating in the = Best Health program!

**Your journey to best health starts here —**  
**[www.SharpBestHealth.com](http://www.SharpBestHealth.com).**

<sup>1</sup> Carnegie Mellon University