Living in the Moment
Unplug for a few seconds to practice being mindful with this experiment.

1. **STOP. LOOK. BECOME AWARE.**
   Turn off your phone—think about your thinking

2. **WHAT DO YOU SEE?**
e.g., the last page of this magazine

3. **WHAT DO YOU FEEL?**
e.g., the paper’s texture

4. **WHAT DO YOU HEAR?**
ocean waves, traffic, the hum of the furnace

5. **WHAT ARE YOU NOTICING?**
The tick of a clock, someone laughing

6. **HOW DO YOU FEEL?**
   Relaxed, content, impatient

7. **WHAT WAS THAT LIKE FOR YOU?**

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**MINDFULNESS**

Going to the gym may be one New Year’s resolution that’s fallen by the wayside for many of us. Psychology professor Tom Pruzinsky and the Campus Cross Talk Committee suggest focusing instead on a different kind of workout—mindfulness. Being mindful is often described as an “awareness of the present moment, without judgment and with acceptance.” Compassion, empathy and mindfulness are skills. The more you go to the mindfulness gym, the empathy gym, and the compassion gym, the stronger you get,” according to Pruzinsky. Lectures and workshops are planned this spring to make the Quinnipiac community more mindful.*

“Whenever we become more mindful, we can then make a decision to become more aware of others. When we become more aware of others, we can empathize with what they are feeling. When we care about their feelings, we can show them compassion. That compassion inspires us to work for the betterment of all,” Pruzinsky says.

*Find them and more events at calendar.qu.edu.