

Practicing Mindfulness

Mindfulness is the art of being “present” in your daily life. Staying attuned to the present moment may result in decreased stress and anxiety, increased focus, and improved relationships. It may even help to manage pain and boost your immune system. Here are some ways to practice mindfulness:

- ▶ Focus on where you are and what you are doing. Staying in the moment is the best way to detach from regrets about the past or worries about the future. Grounding yourself in your current environment and activities is also a good way to let go of stressful thoughts.
- ▶ Monitor your internal dialogue. Recognize when you are caught up in negative, fear-based thinking. Look for ways to reframe the situation and give it a positive spin.
- ▶ Get out of your head. Take the time to really notice your surroundings and the people around you. Use all of your senses to take in the experience. What do you see, hear, feel, and smell?
- ▶ Engage in activities that help to promote relaxation, such as yoga, meditation, or deep breathing.
- ▶ Write down your thoughts in a diary, journal, or blog. Writing will help you to look at your concerns objectively and separate realistic worries from irrational thinking. It's also a great creative outlet!



- ▶ When faced with a difficult situation, consider the best way to react. Ask yourself, “What can I control? What can I change (and not change)? What are my choices?”
- ▶ Avoid responding to challenges from a place of worry or fear. Instead, draw upon your values and use them as a source of strength. Look for ways to grow from every experience.
- ▶ Remain open and curious about the world. Try to learn something new every day.

For more suggestions on how to incorporate mindfulness into your daily activities, contact LifeMatters. Help is available 24/7/365.


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Source: Stress Directions

