

Mindful Living

What is Mindfulness?

It's stepping outside of mental clutter, leading to brain changes in areas like cognition and self-awareness.

How does it work?

Regular practice can enhance emotion regulation, attention, and creativity.

Mindful living helps you savor moments and engage fully in life.



Incorporating Mindfulness into Daily Life:

All it takes is two minutes.

View it as an opportunity, not a chore.

Mindfulness Exercises

1

5-4-3-2-1 Exercise:

- List 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.
- Shifts focus away from negative thoughts.

2

Watch Your Thoughts Float Away:

- Set a short timer, even just 2 minutes.
- Focus on one thing like your breath.
- Visualize thoughts as leaves floating down a stream or balloons drifting away.

3

Body Scan Meditation:

- Find a quiet space.
- Close eyes, focus on breath.
- Scan body from head to toe, noticing sensations.
- Release tension, relax muscles.
- Breathe deeply, without judgment.
- Focus on areas of tension, soften.
- Return focus to breath.
- Open eyes, return to day.

In today's rush, we all think too much, seek too much, want too much, and forget about the joy of just being.

