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At A Glance About MINDFULNESS

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Mindfulness simply means being aware. Nothing else. Nothing less will suffice. Being fully present and conscious of your actions, thoughts, and emotions. Mindfulness may appear overly simple, but with practice, it can help you calm your nerves, see challenges in a new light, tap into your creativity, and improve your stress response.

It can be exhausting to spend too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts. Besides, it can also increase your chances of experiencing stress, anxiety, and depression symptoms. Mindfulness exercises can help you shift your focus away from this type of thinking and engage with the world around you.

Learning to be mindful is a powerful skill that can help you to deal with daily stresses and improve both your psychological and physical health. As mindfulness requires no equipment, it can be practised discreetly anywhere and anytime.

How to Practise Mindfulness?

While mindfulness may seem simple, it's not necessarily all that easy. The real work is to make time every day to just keep doing it. Here's a short list of practices to get you started:

1. Take a seat – Find a place to sit that feels calm and quiet to you.
2. Set a time limit – If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
3. Notice your body – You can sit on a chair with your feet on the floor, you can sit loosely cross-legged, in lotus posture, or you can kneel – all are fine. Just make sure that you're stable and in a position you can stay in for a while.
4. Feel your breath – Follow the sensation of your breath as it goes in and out.
5. Notice when your mind has wandered – Inevitably, your attention will leave the sensations of the breath and wander to other places. When you get around to noticing this - in a few seconds, a minute, or five minutes - simply return your attention to the breath.
6. Be kind to your wandering mind – Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

Aim to practise mindfulness every day for about six months. Over time, you may find that mindfulness becomes effortless. Think of it as a commitment to reconnecting with and nurturing yourself.

That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.

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