

10 Ways To Practice Mindfulness

GET RID OF MENTAL CLUTTER

Write down everything on your mind and divide it into three categories: Things To Do, Maybe Sometime Later, and Nope. Throw the Nope list away and then start planning how you can get that stuff done. Reducing mental clutter will help you live in the moment.

CHANGE UP YOUR ROUTINE

Make a list of things you do every day and brainstorm ways you can change them in some way (the time, the order, the medium, the method, what you're wearing, who you're with, your attitude).

MEDITATION

Try to take 20 minutes at least for maximum benefits (that said, 5 minutes is way better than nothing!). We all have the same amount of time, so prioritize your well-being. There are an enormous amount of free resources online (try YouTube to start) for guided imageries, instrumental music, etc.

DEEP BREATHING

Sit quietly, focus on diaphragmatic breathing, breath into different parts of your body, imagine breathing in the good and breathing out the bad. Breath in through your nose and out through your mouth.

YOGA

There are many easy poses you can try for beginners with little or no flexibility. Doing simple yoga poses you can find online or in books for free at the library will make you feel more connected to your body, environment, and circumstances.

PHYSICAL SENSATION

Focus on one of your five senses for the entire day and make a physical list of all the things you experience through that sense. Or try to take note of all five senses when you're in the middle of an activity like peeling an orange.

CONSISTENT REMINDERS

Select an everyday object that will be your trigger reminder. Every time you touch a door knob, open the refrigerator, or touch a remote control you have to stop and take note of your physical experience. Ground yourself and use this tangible object as a reminder to be mindful right now in this moment.

DECREASE USE OF TECHNOLOGY

Staring at screens for significant periods can increase our anxiety. The internet makes it easy to fall into a mindless rabbit whole of cat videos and hilarious memes. That said, you also just want to make sure you're being mindful about when you're using this amazing technology we're able to have at our fingertips. Check your e-mail just a couple times a day, not constantly!

ACCEPT YOUR ANXIETIES

Don't worry about labeling emotions as "good" or "bad", just allow them to be. All emotions are important. Sit with your anxieties and allow them to pass, how does it feel? What's the worst case scenario? Your mind is always going to wander, but that's okay and natural.

MANTRAS

Vocal activities like repetitive mantras and positive affirmations can be calming as well as a "fake it till you make it" type scenario. Reading a positive affirmation you write about yourself or consistently chanting "Om" while driving can help you feel more connected to your current experience.