

EASY WAYS YOU CAN PRACTICE MINDFULNESS

By Elyse Santilli Psy.D. at Huffpost



We're literally missing out on most our own lives, which leaves us feeling shallow, empty and deeply unsettled. The great news is you can learn to be more present and mindful. Here are easy ways you can practice mindfulness in your daily life.

1. Eat mindfully.

When you scoff down your meal on autopilot while distracted by the television, computer or constant conversation, you miss out on the delicious taste and smell of your food. You're also less likely to feel satisfied and nourished, because you 'missed out' on the fact that you ate. In other words, don't attempt to do fifty other things when you sit down to a meal, coffee or green juice. Simply focus all of your attention on what is in front of you.

2. Walk mindfully.

When you are out and about, pay attention occasionally to the movement of your body and your surroundings. Notice as your feet connect with and leave the ground. Feel your muscles moving and supporting you. Observe what is going on around you -- the sights, sounds and life unfolding. You may be amazed to find a whole new world you hadn't even noticed before.

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Positive thinking will let you do everything better than negative thinking will.

- Zig Ziglar

Quotes sourced from Self By Design

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Book of the Month Recommendation

Wherever You Go, There You Are

by
Jon Kabat-Zinn

No matter how busy you are, find quiet reflective moments in your life—and reduce your stress levels drastically—with this classic bestselling guide from a mindfulness expert.

Jon Kabat-Zinn, PhD, is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

3. Observe your breathing.

Your breathing occurs naturally and rhythmically. When you pay attention to it, it takes you out of your mind and into your body. You momentarily free yourself from your churning thoughts, worries and fears, and you remind yourself of who you really are -- your inner spirit, not your thoughts.

4. Listen wholeheartedly.

Most of us never truly listen to people when they are speaking to us, because we're too busy planning what to say next, judging what they are saying, or getting lost in daydreams altogether. Next time you're in a conversation, make it your goal to fully listen to what the other person is saying to you, without getting lost in your thoughts. Trust that you will intuitively know the right thing to say next when it's your turn to speak.

5. Get lost in the flow of doing things you love.

We all have certain activities we love doing -- they connect us with our inner spirit and bring us fully alive. For you it could be cooking, dancing, singing, gardening, writing, painting, bush-walking, swimming or building Ikea furniture. We love doing these things so much that we often lose ourselves in them. That is, we lose our smaller self -- our churning thoughts and worries - because we are pouring all of our love and attention into the present moment. Incorporate more flow activities in your weekly routine, and your happiness will skyrocket.

6. Mediate daily.

There's no getting around it -- meditation has huge benefits and increases your levels of energy, happiness, inspiration and inner peace. It doesn't have to take long. Even 10 minutes a day can have a positive impact on your life. It will also strengthen your mindfulness muscles, so you'll find it much easier to become present throughout the day.

7. Observe your thoughts and emotions.

You are not your thoughts -- you are the observer of your thoughts. The fact that you can listen to them shows that they are not you. You are something higher and separate.

By simply becoming aware of your thoughts and non-judgmentally observing them as they come and go -- like clouds passing in the sky -- you are being more present. You are not getting caught up in your thoughts and forgetting that they are not you.

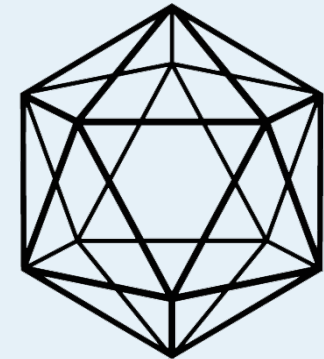
As you observe, resist the temptation to get carried away by a particular thought down a tunnel into the past or future. Picture your thoughts like trains at the station - you're on the platform watching them come and go, but you're not going to jump on and go for a ride.

For more information or advice, contact eni online at:

www.eniweb.com

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