Practice Mindfulness with Meditation
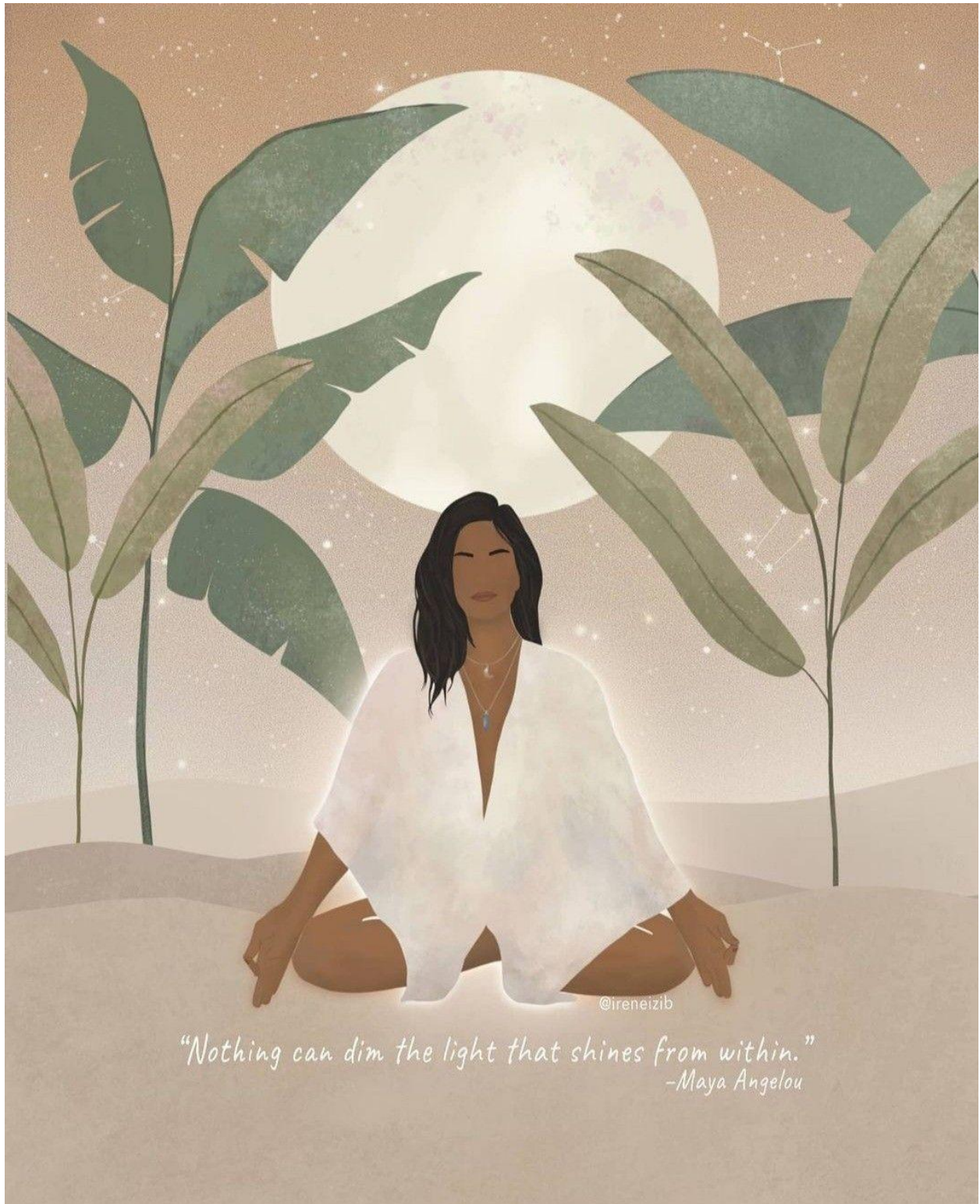

"Nothing can dim the light that shines from within."
—Maya Angelou

@ireneizib

What is mindfulness?

Mindfulness is the state of being fully aware at the moment and to be conscious of what we're doing and where we are. Being mindful can help one to acquire awareness of their thoughts, emotions and surroundings. One can easily be mindful if practiced on a daily basis.

By practicing mindfulness, we become aware of how our thoughts, emotions, and bodies function

Mindfulness and Meditation

Starting a mindfulness meditation practice can seem daunting at first, but it's important to note that even a few minutes a day can make a difference. Investing just a few minutes in being mindful can yield beneficial results.

Mindfulness combined with meditation helps to reduce stress. Practicing it slows down racing thoughts, lets go of negativity, and calms your body and mind, all while improving your mental health.

Mindfulness meditation helps in lowering heart rate and also improves immunity in humans. Studies show that mindfulness meditation results in better sleep.

Whether or not you practice it every day, it is a practice you can return to when necessary.

Mindfulness can be achieved in very simple steps. This technique doesn't require any materials, just find a comfortable place to sit.

Focus on Breathing
While meditating, make sure that you pay attention to your breath. Notice how your stomach moves when you inhale and exhale.

Set a Timer
It is possible that you lose track of time as you meditate. Ensure that you meditate for a certain period of time. Do not think about any excuses that you might have to stop meditating. Forget about time and focus on meditating to achieve mindfulness.

Notice your Thoughts
Only way to be mindful is to perceive your thoughts. Never ignore or suppress your thoughts that come to mind. Use your breathing to keep calm.

Take a Break
If you get lost in your thoughts, note where your mind got distracted and get back to your breathing.