

VitaMin



Vital health information in a minute

A positive path to mindful living

Mindful living is about living in the moment, slowing down and paying attention to your mind and body. Research suggests that mindful living may help people manage stress, cope better with serious illness, and reduce anxiety and depression.¹

You can incorporate mindfulness into your day – starting today – with these simple tips.

Breathe

Pause a few times during your day to focus on your breath. Let your shoulders relax.

Mindful tip: Take a deep breath in through your nose. Hold for one second and then exhale through your mouth. Repeat.

Slow down

Listen, feel, smell, taste and see the world around you instead of rushing through each moment.

Mindful tip: Eat slowly and savor the tastes of the food you eat.

Listen to your body

Being mindful means taking care of yourself and noticing how your body feels today.

Mindful tip: Stretch out with yoga poses or tai chi.

Let go

If you feel stressed about things that are out of your control, try to let them go. There's no value in regretting the past or worrying about something before it happens.

Mindful tip: Go for a walk to clear your mind of anxious thoughts.

Make meaningful connections

Meet new people with an open mind. Spend time nurturing your relationships and listen for wisdom others may share with you.

Mindful tip: Reconnect with someone you care about by making a call or sending a note today.

Express gratitude

Acknowledge a few things you're thankful for – big or small – every day.

Mindful tip: Don't miss the chance to say thank you or show affection to someone you care about.

Source:

1. National Institutes of Health. "Mindfulness Matters." January 2012. <https://newsinhealth.nih.gov/issue/jan2012/feature2> (accessed April 4, 2016)

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