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NEWS

Getting Started with Mindfulness Meditation

Being mindful means being present in the moment as it happens, recognizing the world around you and your own inner feelings without judgment or interpretation.

Practicing mindfulness may help improve your mood, reduce stress and decrease negative thinking, all of which could help you move through your day a little more smoothly.

If you're just getting started with the concept, try taking time throughout the day to incorporate some of these mindfulness strategies:

Observe your senses. Think about outside stimuli that you're seeing, hearing, smelling, tasting and feeling. Observe them calmly, without analysis, then let your thoughts of them pass.

Focus on your breathing. Breathing deep from the diaphragm has a natural anti-anxiety effect. Try drawing in long, deep breaths, then slowly letting them out.

Feel without judgment. Whatever emotions come to you as you meditate, make yourself fully aware of them without interpretation, then move on from them.

Ride through urges. If you experience any sort of urges or cravings, think about that feeling of desire and how it will inevitably pass, then gradually let it go.

Most importantly, remember that you can take short moments to meditate toward mindfulness at any time of day, and in any place. Small doses can still add up, and the more you practice, the more mindfulness can become part of your routine.

Sources:

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