

A person wearing a dark winter hat and a coat with a fur-lined hood is seen from behind, looking out over a sunlit forest. Sunbeams (crepuscular rays) are visible through the trees, creating a warm and serene atmosphere. The person is standing on a path or clearing, and the background is filled with trees and foliage bathed in golden light.

UPBEAT IMPULSE

8 AMAZING WAYS TO

INCORPORATE MINDFULNESS INTO YOUR DAILY LIFE

WITH CONFIRMED BENEFITS

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MINDFULNESS

AND ITS IMPORTANCE IN OUR DAILY LIVES



Mindfulness gained enormous popularity recently. The philosophy of mindfulness relies on being focused in the present moment: here and now. Due to our busy reality, we often neglect the present moment and all the beauties that life offer us.

Also, the cause of our anxiety often lies in the fact that we tend to neglect the present moment. We may live in uncertain future plans or feel the remorse due to the past that we cannot change. Sticking to the past or living in the future affect our ability to live in the now. That, of course, negatively affects our happiness and fulfillment in life.

MINDFULNESS

AND ITS IMPORTANCE IN OUR DAILY LIVES



If you frequently feel anxious and uptight and you don't have a clue how to get rid of it, maybe you should start practicing mindfulness.

However, mindfulness requires practice, time, and dedication, but if you are persistent enough, you can experience the benefits quickly.

Take your time and start immersing in it slowly. Also, stick to it daily, one step at the time. If you implement it sporadically and inconsistently, you won't benefit from your mindfulness practice that much. Simply, you won't be attached to it the way you need it to change your attitudes and existing mental patterns.

MINDFULNESS DAILY

“THE BEST WAY TO CAPTURE MOMENTS IS TO PAY ATTENTION. THIS IS HOW WE CULTIVATE MINDFULNESS.” – JON KABAT-ZINN

A solid orange horizontal bar.

Here are some ideas how to practice mindfulness on a daily basis, without disturbing your daily activities:

- Mindfulness meditation
 - Mindful eating
 - Mindful fitness
 - Mindfulness in nature
 - Mindful routine tasks
 - Mindful work
 - Mindful shower
 - Stop and think mindfully - in every situation
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UPBEAT IMPULSE

MINDFULNESS MEDITATION

Mindfulness meditation is a great way to purify all the bad thoughts. The precondition to successful mindfulness meditation is that you need to have a clear mind. Try to get rid of all of the disturbing thoughts. In the beginning, it might seem like a daunting task, and almost impossible. However, do not give up.

HOW TO MEDITATE MINDFULLY

Place yourself comfortably in a cozy corner. Calm down. Focus on your breathing, heartbeats and the stream of life inside you. You're reaching the point of absolute truth. You exist and it's all that matters. Enjoy this state of mind for a moment. When you get used to that state, start analyzing your meddling thoughts and emotions calmly with the pure mind. Be a passive observer.

Analyze them. Let them come and go. The ultimate benefit of this approach is that you can finally regain control over your thoughts and emotions. Also, you'll be able to define their significance and take over them. If you practice this approach often enough, you'll become more relaxed in your daily life. What's even better, you will get a better understanding of your thoughts and emotions.



MINDFUL EATING

When did you enjoy the beauty of rich flavors the last time? Do you eat routinely, to avoid starving? Or you indulge food too much and risk your health? This mindful technique might help you.

THE ADVANTAGES OF MINDFUL EATING

Our busy life reflects on our eating habits, too. Quick meals whose only purpose is to fill up our stomach are present in our every day lives. We often tend to neglect the importance of some wholesome food that's beneficial for our health. We don't enjoy food itself, and we eat because we're forced to. The advantages of mindful eating are numerous: you are aware of each bite; you don't eat unconsciously;

you reduce the possibility of overeating and putting on weight; your full awareness during eating helps you stop when needed; activate your senses.

Also, when you start implementing mindful eating, you'll be motivated to prepare delicious food with many nutritive benefits. Once you activate your senses and feel the delight eating savory food you'll be inspired to continue eating that way.

Take your time to prepare your meals and relish your senses.



MINDFUL FITNESS

Fitness is extremely helpful in burning the excess of calories, get your body in a good shape, activate and move. What's even better, fitness can also help you become aware of yourself and your body during your mindful moments.

HOW TO DO IT

Try to be entirely focused on yourself while you're doing your exercises. The ultimate benefit of mindful fitness is to become fully conscious of your body and get better coordination of your movements.

If you include mindfulness into your fitness, amazing things can occur. You may become aware of your feet touching the mat or floor and feel it through your entire body. What a wonderful feeling! What's even better, you reveal the beauty of each movement of your body.

For example, moving your arms through the air can also seem like a magical experience.

You even may fall in love with your body again and therefore, you'll be eager to exercise more often.

Eventually, you may become addicted to the outburst of fresh energy you get while exercising mindfully. How to do it? Surrender to each of the movement, enjoy it, try to neglect all that's going on around you and treat fitness as a gift you gave yourself. Enjoy the moment, it's only yours!



MINDFULNESS IN NATURE

A walk into nature is always beneficial for your mind and body. Also, nature is often a supreme source of inspiration and inner power. Nature is beauty composed of a constellation of colors, sounds, and other wonders.

HOW TO DO IT


Nature can activate your senses on an extraordinary level. Once you find a perfect, calm and unspoiled place in nature, you can start your mindfulness practice. To start, try to clean your mind from all the disturbing thoughts and be entirely receptive to the natural sensations that will occupy your senses. Once your senses become fully receptive to the outer stimuli, that's when the magic begins.

The ultimate benefit of this mindful practice is feeling refreshed, renewed, relaxed and energized. Your body will be grateful to you for providing it with an abundance of fresh oxygen. Your mind will be relaxed and will radiate new positive vibes. It doesn't matter where you live, or what time of the year it is, nature is beautiful as always. You just need to appreciate the advantages it has to offer.

MINDFUL ROUTINE TASKS

Our routine tasks demand very little of our concentration and mental effort. However, they also can serve you well on your mindfulness journey.

HOW TO USE THEM FOR YOUR PRACTICE




Try to be aware of the hidden beauty of your routine tasks. They can help you increase your awareness and attention although they don't require significant concentration and mental effort. You can use them to focus on the details of those activities, on the present moment, and on this day. For example: wiping the dust doesn't have to be tedious all the way. You can use it to improve your

mindful practice. You can do it this way: become fully aware of yourself in that moment and in that space. Direct your full attention to your living space. You can get some useful and interesting ideas about it and possible improvements along the way. Our repulsive daily cleaning tasks can be a great chance to practice mindfulness if we want. Those tasks don't have to be that dreadful as before.

MINDFUL WORK

Mindful work is an intriguing concept in our world with dynamic and hectic working reality. If you succeed in incorporating mindfulness into your working routine, you could significantly reduce the stress caused by your job.

HOW TO IMPLEMENT IT



Your efforts to implement mindfulness into your work may seem impossible, so to say. Make the best of your tiny breaks during your work. If you start practicing it for only a minute or two, that counts, too. Use your breaks to focus, increase awareness and activate your senses.

Avoid multitasking whenever you can. It's killing your efficiency and can make you feel overwhelmed and disoriented. In fact, multitasking

is the greatest impediment to your efforts to work mindfully.


Identify the distracting factors and reduce them whenever you can. Make a list of your daily activities and define the time frame needed for their completion. Group the similar tasks. That will declutter your work and make it a lot easier to focus and become more productive.

Set reminders to be more mindful and make tiny mindful breaks whenever you can.

MINDFUL SHOWER

Showering is an utterly refreshing, relaxing and energizing activity. Some of us love morning showers because they activate us, make our blood flow, and prepare us for new challenges. On the other side, some of us love evening showers, to help us relax and prepare for sleep.

HOW TO USE IT




A shower is always a great way to practice mindfulness. It is a great way to activate your senses. Relax and let the stream of water go its own way leaving a pleasant sensation on your skin. Focus all of your attention on that sensation and your skin. Feel the burst of energy as you shower your skin. Go with the flow. This moment is yours only. Enjoy it. Visualize the benefits of showering

while water touches your skin gently. Feel how you become more energized, refreshed, and cleaner. Showering is a great way to practice mindfulness because we are alone there and safe from all the distractions. If you notice that it's hard to maintain the focus on showering, change the way you shower and wash your skin differently. Prepare some inspiring mantras you can focus on while showering.

STOP AND THINK MINDFULLY - IN EVERY SITUATION

Each and every situation might be your chance to practice mindfulness. If you practice it more often, you will train your mind to be more adapted to mindfulness, and you'll ultimately increase your attention, focus, and calmness.

PRACTICE IT EVERYWHERE



For example, you can start your own morning mindful practice, evening practice, while you walk, wait, commute, etc. Practicing mindfulness at the beginning of the day might help you set the positive mindset for the rest of the day. Also, short and frequent mindful exercises are more effective than longer mindful sequences, because it's highly beneficial for your brain to make multiple breaks from the regular activities throughout the day.

Also, it is totally OK to set some reminders to be more mindful, especially during your busy day. Choose the method that suits you the most and that you enjoy the most. Remember, doing mindful exercises is not a luxury because it really doesn't take that much time. Think about the vast benefits you can get if you stick to it. To mention just a few: better concentration, improved thinking, a better understanding of your thoughts and emotions, and reduced anxiety.

MINDFULNESS-FINAL WORDS

I hope that now you have enough information and motivation to start practicing mindfulness. I believe that persistent and devoted practice can really improve your life.

Briefly, mindfulness is a promising philosophy that worth taking your time and putting effort to practice it. I'm glad if this e-book is helpful. Feel free to contact me!



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