

Are you mindful or mind full?



Being good to your mind is just as important as being good to your body. But learning to take care of the whole you can be difficult in the hustle and bustle of daily life. Stress can negatively impact your health. It affects your immune system and increases risk of depression, anxiety, chronic headaches or even a heart attack.

Simple ways to take care of the whole you.

Here are three tips to incorporate mindfulness into your day and live in the present moment.



Take a deep breath

Set aside 15 minutes daily for at least a week to focus on breathing. Take a few slow, deep breaths, notice the intentional rise and fall of your chest and stomach, and relax. This is an important skill to help you deal with stress and anxiety, and to sharpen your concentration.



Clear your mind your way

Spend at least 10 minutes a day on a personalized activity that relaxes you. Whether it's prayer, massage, meditation, crafting or a brisk walk in the fresh air, doing this will allow you to calm your mind and refocus your mental energy.



Turn off autopilot

Operating on autopilot without thinking about your actions can lead to negative thoughts and feelings. Challenge yourself to calm your thoughts and not let your mind wander to the past or future. Being mindful means pausing to make a more conscious choice from a new perspective.

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