

Episode 44: What's the Point of Mindfulness?

Top 5 Tips

Being able to relax your nervous system can help ease your anxiety and depression, it can help you sleep better, it can help you appreciate what you have in life right now.

Here are a couple of easy ways you can start to incorporate mindfulness into your life without taking any extra time, without adding any extra activities into your day, without changing a thing about your current daily schedule.

All it takes is tapping into your bodily sensations while doing the things you always do.



1. Labeling: putting labels on the things you are doing. So just looking at what is around you and stating what it is. Phone, TV, chair, table, banana, etc. You are bringing your mind to the present by focusing on what is around you at the moment.
2. The Haiku: Use if need extra help pushing out worries. This is not a traditional Haiku, so instead of counting syllables, you are going to count words. The first line has two words, the second line has three words, and the last line has two words. Create a Haiku about the present moment. What do you see? What do you hear?
3. 5-4-3-2-1: Think of the following that are around you: 5 things you see, 4 things you hear, 3 things you can touch, 2 things you can smell, 1 thing you can taste. This will bring your mind to the present and clear your thoughts of the future.