



**HEALTH AND
WELLNESS
INTERNATIONAL**

Living a Mindful Life

Our mind is always observing the world and generates thoughts to try and make sense of what is happening. We get lost in our thoughts, they consume our attention and our thoughts often create scary stories about what might happen in the future, or about what happened in the past. Triggered thoughts in and of themselves are not the problem; our life becomes problematic when, through lack of awareness, we listen to, believe and follow the instruction of these thoughts.

Mindfulness is the basic human ability to be aware of our thoughts, without becoming overwhelmed by them.

One of the most common questions I'm asked these days is "how can I bring more mindfulness into my everyday life?" So here are some of my simple daily practices for bringing more mindfulness into our life:

1. Mindful Wakeup: Start with a Purpose

Upon waking, before checking phones or email, begin the day from a place of yes, connecting fully with your body, taking three long, deep, nourishing breaths, and actively practicing gratitude.

2. Setting an Intention

Asking: "**What is my intention for today?**" Throughout the day, check in with yourself. Pause, take a breath, and revisit your intention. Notice, as you become more and more conscious of your intentions for each day, how the quality of your communications, relationships, and mood shifts.

2. One Minute of Mindfulness

You can introduce short 'meditation minutes' throughout your day. During this time, your task is to focus your entire attention on your breathing, and nothing else.

If you lose touch with breath and become lost in thought during this time, simply let go of the thought and gently bring attention back to the breath. Bring attention back as many times as you need to. Minute meditations can be a wonderful practice for times when you start to feel a little stressed or aggravated.

3. One Thing at a Time

For a couple of decades now, the catch phrase has been "multi-tasking", with many falling into the trap that multitasking makes us more productive; in reality, it drains us faster. We're not more productive; we're just busier, both mentally and physically, exhausting ourselves needlessly. Try changing your focus to doing just one thing at a time. Take on each task with full awareness, one by one.

4. Mindful Tasks

Turn your ordinary daily tasks into mindfulness sessions. The next time you have to prepare dinner or do the laundry, focus all of your awareness on the task at hand, in the present moment. Aim to be fully engaged in what you are doing and not caught up in mind chatter or just rushing to the end of your task. In this way, every little act becomes a sacred ritual. It keeps you in tune with the moment, with yourself, your space and even the world around you—all functioning in harmony.

These practices have truly transformed my life and I hope that these tips will help you to live a more responsive life of inner peace and joy.