

BETter Living ...

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Is Your Mind Full or Are You Being Mindful?

Are you overwhelmed with the current health crisis? Being quarantined may have added more stress to your life as you may have children at home that are doing online learning, you are working from home, and you are not able to get out in the community as much as you normally do. Everyday life demands can be very overwhelming. Being mindful can be really important to help you get through challenging times.

Mindfulness has a variety of definitions including: living in the present, observing personal experiences, completely focusing on a project, taking a few breaths, and having nonjudgmental awareness. Mindfulness can relax you and relieve your stress level.

Here are Seven Principles of Mindfulness:

- **Non-judging:** Be a neutral observer to each experience.
- **Patience:** Allow each experience to emerge at its own pace.
- **Beginner's mind:** Avoid bringing in what you know to the current moment and try experiencing it as if it is the first time.
- **Trust:** Believe in your intuition and your ability to see things in a new way.
- **Non-striving:** Avoid the need for winning or losing or striving for a purpose – it is about “being” and “non-doing”.
- **Acceptance:** See things as they are in the present moment.
- **Letting go:** Take the time to detach from your usual feelings and thoughts.

Mindfulness can help your physical and emotional health and help you respond to stress in a better way. Research has shown that regular practice of mindfulness has positive effects on depression and has no side effects in comparison to prescription medications.

Mindful Meditation has the following benefits: increased ability to relax, energy and enthusiasm for life, creativity, self-awareness, improved concentration, self-esteem, and work/school performance. Mindful meditation is being used in schools to help children manage their emotions.

Please remember to be mindful and it will help you relax and reduce your stress. Take a deep breath, enjoy a stroll, eat mindfully, and live in each moment!

For more information, visit: nih.gov or call 785-765-3821 or email me: btrieb@ksu.edu.