

#HEALTH & FITNESS

# EXPLORING MINDFULNESS

## Simple techniques to reduce stress and improve well-being



From students to a man in his 60s planning his retirement, stress has become a common phenomenon in everyone's lives. We all feel overwhelmed and disconnected from our own well-being as a result of the demands of work, family, and personal life. Thankfully, being mindful can help us navigate our lives in the right direction. By being mindful of our everyday routines, we can fight anxiety and develop a feeling of internal harmony and prosperity.

Being completely present in the moment without judging is, in essence, mindfulness. It entails paying attention to our thoughts, emotions, and bodily sensations as well as the environment around us. We can learn to respond to life's challenges with greater clarity and compassion rather than reacting to every single occurrence with negative emotions.

One of the easiest ways of practising mindfulness is through relaxation. Every day, take a few minutes to sit quietly and concentrate on your breath. Take note of how your breath feels as it enters and

exits your body. When your brain starts being overloaded, delicately take your concentration back to breathing. This basic activity can help with calming the brain and getting into the zone.

Walking is yet another effective method. Take your time and enjoy each step rather than rushing from one location to the next. Notice the rhythm of your breath, the sensation of your feet touching the ground, and the sights and sounds around you. Walking mindfully can transform a routine activity into a joyful and motivating experience.

Another habit that can significantly improve your health is mindful eating. Take the time to truly savour each bite of your meal rather than chowing it down like you will not get to eat ever again. Pay attention to the aromas, flavours, and textures of the food. Eat slowly and thoroughly after each bite. By eating carefully, you get additional delight from your meals. By doing this, you also become more sensitive to your body's cravings.

While mindfulness can be practised on

your own, joining a group or retreat can help you practise more deeply and provide a community of support. These settings offer open doors for careful development and gathering conversations, permitting you to gain from experienced specialists and offer your own bits of knowledge. Being a part of a community with similar values can give you a lot of motivation to keep going on your mindfulness journey.

It is essential to keep in mind that mindfulness is not about attaining an eternal state of bliss or completely eliminating stress. Rather, it is tied with fostering your relationship with stress and embracing life's highs and lows with more prominent serenity. You can develop resilience and become more aware of your ingrained thought processes and reactions by engaging in consistent practice. Instead of being carried away by stressors, you can choose how to respond to them with mindfulness.

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**Photo: Collected**

