

Happy Well-being Wednesday!

I hope, at this point of the week, you use a brief moment to pause, reflect and adjust where need be, to ensure you're looking after your mental health and well-being.

Today's focus is on mindfulness, what it is and how we can integrate it into our everyday lives.

Mindfulness is a state of being deliberately and actively present in the moment, acknowledging and accepting all your thoughts and emotions. When you are mindful, you are paying attention to what is happening, both internally and outside of yourself, in the present moment.

Your focus is on accepting your thoughts and feelings about what is occurring and how you are feeling, without judgment or shame.

Mindfulness is a form of meditation that has become a mainstream part of psychotherapy, providing stress reduction, self-control, and concentration improvement. Some of the benefits of practicing mindfulness include: - Stress relief - Improved self-esteem - Lowered blood pressure - Improvement in sleep quality - Help with substance abuse issues - Decreased symptoms of depression - An improvement in psychological and general wellbeing.

If you fancy having a look, there's a useful resource on TED Talks: All it takes is 10 mindful minutes

https://lnkd.in/gupac3u

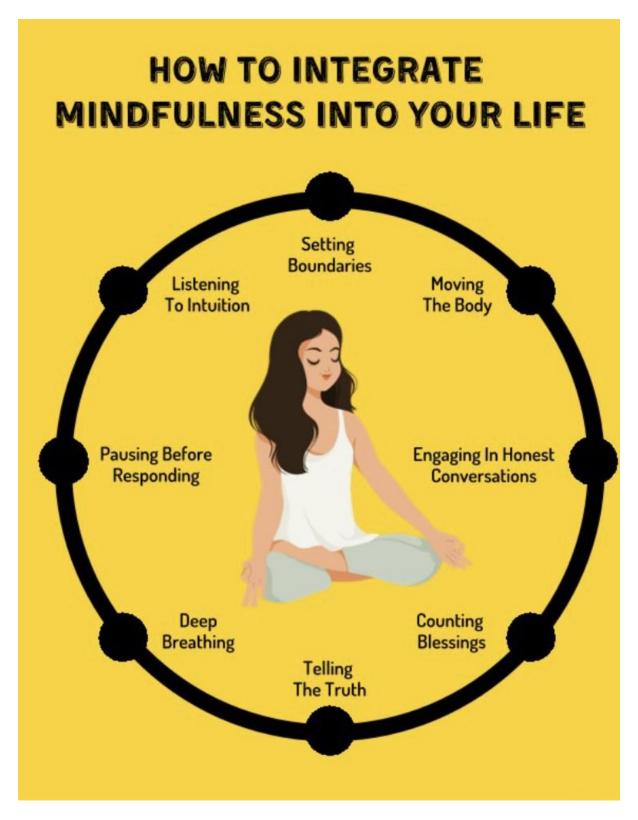
So, when was the last time you did absolutely nothing for 10 whole minutes? Not texting, talking, emailing, analysing, planning or even thinking, and seeing the transformative difference of doing just that.

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Sometimes we just need to stop and listen to the silence, because it often has so much to say.

We all need a break, and just like batteries, we need to recharge, or we run out of energy. Remember, if nothing changes, nothing changes.

I've attached some visuals about mindfulness along with the latest Action For Happiness January calendar, which has some great tips to promote positive steps towards a more mindful mindset.



#wellbeingweds #mindfulness #bepresent #mentalhealthmatters #listentothesilence #takeabreak #dayatatime

Best wishes.

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