

Mindfulness

We face a lot of stress, anxiety, and uncertainty in this current world as we face the challenges of the coronavirus. We need to be mindful of our physical, mental, and emotional health at all times, but even more so now. The practice of mindfulness helps to develop and maintain our physical, mental, and emotional health.

What is mindfulness? When we speak of mindfulness, we are speaking about the act of consciously focusing our minds in the present moment. Being in the present moment means being here without judgement or attachment to the moment. Mindfulness helps us be aware of ourselves and what is going on internally and externally and regulate the emotions we experience with the world around us and our internal worlds. It means becoming more present in the “right now.”

Why practice mindfulness? Mindfulness as a practice can help us to increase our ability to regulate emotions, and decrease stress and anxiety. Mindfulness also helps to focus our attention by giving us a way to observe and take account of our thoughts and feelings without judgement. Mindfulness allows us to be more present in our lives and our interpersonal relationships. In turn, mindfulness can help us make better decisions and focus our mental abilities, improving our ability to learn.

Take the time to follow along with this directed mindfulness technique offered by the [New York Times](#). This activity directs you through a ten step process to help you practice mindfulness.