

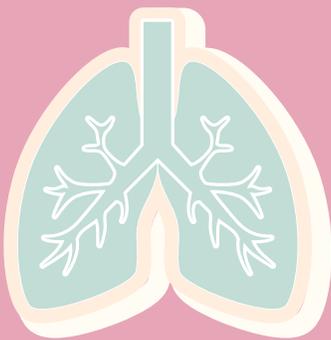
# MINDFUL LIVING TOOLKIT

To be mindful means to have the skills and practice to fully enjoy the present moment. It is a continuous exercise in allowing yourself to cultivate genuine gratitude and

developing the propensity to slow down and soak up all the abundance that already exists in your life. Find inspiration in the techniques laid out below to live mindfully in the present.

## What Deep Breathing Does to Your Body

Most of us are aware of the psychological benefits of deep breathing: it has the power to reduce anxiety, induce calm, and reconnect us with our bodies when things get stressful. But how does it do all of these things exactly?



In this article, The Cut takes a deeper look at what happens physiologically when you carve out the time to take a few deep breaths, and how that might just be the key to battling chronic low-level stressors.

**The Cut**

## The Art of Stillness



In a world that is so overly-focused on doing everything and going everywhere, journalist **Pico Iyer** advocates for going nowhere and doing nothing.

## Acts of Appreciation

Think of two things you are grateful for in this very moment. It could be something about yourself, another person, or your environment. Be curious. Ask yourself, "is there anything I can appreciate right now?"\*

\* from Mindfulness on the Go by Jan Chozen Bays, MD

## Practicing to Pause

The world isn't going to slow down just because we want it to. We must find moments throughout the day when we can shift our own pace and take a pause. Here's a quick way to practice taking a pause from **Mindful Magazine**.

1. Place your feet on the floor and your hand on your thighs, and close your eyes.
2. Bring your attention way down to your feet. Just notice your feet on the ground, notice your seat in the chair.
3. Now find your heart beating, find your pulse somewhere in your body.
4. Now place a light attention on the natural rhythm of your breath.
5. All you need to do for the next few moments is notice your feet, notice your hands, notice your heartbeat and notice your breath, landing on any one of those areas in your body is just perfect.
6. And now, open your eyes and just notice what a few moments of pause can do. Our bodies are brilliant, stabilizing systems when we give them the opportunity to balance and align.

## The Wandering Mind

A recent study by Matthew Killingsworth and Daniel Gilbert sampled over 2,000 adults during their day-to-day activities and found that **47 percent** of the time, their minds were not focused on what they were currently doing.

"Even more striking," reports Greater Good Magazine, "when people's minds were wandering, they reported being less happy,"

Neuroscientist  
Amisha Jha  
explores the  
connection

between mindfulness and  
the pathways in the brain that  
affect attention, stress  
management, and focus.



## Meditation Practice

Here is a 7-minute mindfulness meditation practice from **Mindful Magazine** to practice shifting out of "doing" mode and harnessing the attention to focus on the simple act of breathing.





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