

Title:

Two Mindfulness Exercises

Word Count:

444

Summary:

"Being in the moment" doesn't mean avoiding thinking about the future. In fact, simple mindfulness

Keywords:

mindfulness exercises, mindfulness, brain power

Article Body:

Mindfulness exercises let you "tune in" to yourself. Distractions are let go, and your brain p

**Easy Mindfulness Exercises**

Anytime you are stressed, stop, and carefully watch yourself to identify what's bothering you.

This self-observation is crucial. It will get easier as you do it more. You'll start to realize

Now deal with these mind-irritants. Make the phone call that's on your mind, take an aspirin,

**A Better Mindfulness Exercise**

Sit down, relax and breath deeply through your nose. Let your eyes close and be aware of your

In ten minutes or so, or when it feels right, open your eyes and look around as if you are see

When you are aware of your body, breath and immediate enviroment, you are more fully "in the m

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