



Mindfulness exercises



Mindfulness, as a meditation practice, has been subjected to numerous scientific studies that confirm its benefits for mental and emotional health. Research has shown that regular mindfulness practice can reduce stress, anxiety and depression while improving concentration and overall well-being. Therefore, mindfulness is considered an effective and valuable technique that can produce positive results for practitioners.

However, as with any health practice, individual experiences may vary, and regularity and commitment to practice are key to achieving benefits.

Exercises

1

Take a moment to breathe

Focusing on your breathing helps you switch your attention from racing thoughts and worries to the present moment. This increases awareness of the present moment and helps prevent distractions.

- Find a quiet place where you can sit comfortably. This could be a chair with support or a pillow on the floor.
- Close your eyes and start breathing consciously. Pay attention to your inhalation and exhalation. Feel the air fill your lungs as you inhale and then slowly leave them as you exhale.
- Focus your attention on the physical experience of your breathing. You can even count your breaths, counting to four on the inhale and again to four on the exhale.
- When your thoughts wander, gently remind yourself to focus on your breathing and return to it, without judging or analyzing.

2

Feel your body

The practice of body scanning helps increase awareness of physical sensations, tensions and discomforts. This allows you to more quickly notice areas of the body that require attention and relaxation.

- Find a comfortable position lying on your back or sitting in a chair with support.
- Start by focusing on your head. Pay attention to the feelings you may see there - whether it is tension, looseness or indifference.
- Gradually move on to other parts of the body, focusing on one at a time. There is no need to accelerate; give each part a few moments of attention.
- When you notice any tension or discomfort, allow your breathing to gently relax these areas.

3

Eating mindfully

Eating mindfully is a way to immerse yourself in the experience of eating, rather than eating on autopilot or in a hurry.

- Before you start eating, stop for a moment and immerse yourself in the present moment. Rest, relax and immerse yourself in the awareness of what is happening here and now.
- Start your meal by paying attention to the appearance, smell and texture of the food. Imagine what the flavors could be like.
- When you start eating, eat slowly and with full awareness. Notice how your body reacts to food, how you experience taste and texture.

These three exercises help train the mind to focus on the present moment and develop the ability to be mindfully present, which translates into overall mental and emotional well-being. Practicing mindfulness regularly can have numerous mental health benefits, including reducing stress, increasing resistance to negative thoughts, and improving overall quality of life.

Are you looking for help? Remember that we are here for you and our team of specialists is ready to give you the help you need.

