

Mindfulness

Mindfulness has become a hot topic in recent years even though it's been practiced for centuries. It's a tool that can be used to help a variety of challenges that people face, such as anxiety, depression, chronic pain and grief.

There are several mindfulness exercises, such as Mindful Breathing:

Mindful Breathing

This can be done anywhere at any time and without anyone realizing you are doing it. Mindful breathing involves focusing your attention on your body as breath enters and exits. This exercise is helpful for calming your mind and body, as well as alleviating anxiety.

How to start

- Pay attention to the rise and fall of your chest, the feeling of air in your nostrils and the warmth of your breath as it leaves your body. Your mind will occasionally wander to other things, which is normal.
- When your mind wanders, acknowledge it without being hard on yourself and gently bring your attention back to your breath.

Mandala Maze

