

APRIL TOOLKIT

#TIDYTUESDAY

REFRESH YOUR SPACE | REJUVENATE YOUR MIND | RESTORE YOUR FINANCES

WEEK THREE:

AIM TO SLOWDOWN AND BE MINDFUL

In today's busy world, multi-tasking seems to be the norm. Prevalent cultural changes including 24/7 lifestyles, on-demand accessibility, perpetual entertainment, non-stop social networking and seductive digital technology are in competition for our time and attention and are conducive to personal stress. This week's #TidyTuesday is aimed at getting you to slow down and be mindful today.

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Scientific examination of mindfulness has found it to be a key element in happiness. Practicing mindfulness as a meditation technique can help shift your thoughts away from your usual preoccupations and towards an appreciation of the moment, giving you a larger perspective on life.

Increasing mindfulness supports many attitudes that contribute to a satisfied life. It makes it easier to savor life's pleasures, helps you become fully engaged in activities and creates a greater capacity to deal with adverse events. Many find by increasing mindfulness they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem and are better able to form deep connections with others. If you would like to cultivate your mindfulness through meditation, a systematic method of focusing your attention, click here and listen to Dr. Murali Krishna's video "Present Moment Awareness."

Sources:

Seaward, BL; (2015). *Sleep Wellness, Digital Detox and Mindfulness*. Paramount Wellness Institute, Boulder, Colorado
<http://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

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