

Being ‘Mindful’ of Your Anxiety

Mindfulness Meditation

Mindfulness is a very effective technique taught to people to help them with their anxiety. Being mindful means consciously paying attention to your senses and to your feelings without trying to push them away or evaluate them. Practicing mindfulness meditation is a way to reduce your anxiety, and promote positive emotions.

Mindfulness Meditation is a skill, and like all skills, it requires practice in order to become good at it. Most beginners have a hard time keeping unwanted thoughts from distracting them, but with time your ability to control your focus will improve. Try following the instructions below to begin practicing mindfulness meditation.

Plan Ahead

For the best results meditation should practice daily for at least 10 minutes a day.

What’s the best time do of day for you to practice mindful meditation?

Good Posture

Sit any way that you feel comfortable, but be sure you are not so relaxed that you will doze off. Whether you sit on the floor or in a chair, with your legs crossed or straight, be sure to sit up straight, not hunched over.

Where is a good place for you to sit to practice your mindful meditation?

Your Thoughts

Don’t try to control the thoughts that come into your mind. Just let them come and go, or you will begin to focus on them. Don’t try to ignore them, either. Simply acknowledge them and let them pass naturally.

What thoughts are likely to distract you?

Breathe Deeply

Focus on your breathing. Try to take full but gentle breaths through your nose and notice how your body is affected by the air entering and leaving your lungs. Observing and focusing on the sensation of your breathing is what brings you into the present moment.

Write down your thoughts after you first mindful meditation experience.
