



10 Ways to Practice Mindfulness in Moments of Discomfort

Finding Comfort in the Unkown

Take the leap, and the net will appear

As we confront the complete uncertainty of our world today, feelings of fear, anxiety, and worry will inevitably arise. Now, more than ever, the time has come to learn the importance of taking care of ourselves.

I hope this guide helps you to find even one way to bring you back to what really matters, coming back to the present moment and showing up for yourself.

Use these mindfulness tips to allow yourself the freedom to access the wisdom of the NOW.

10 EASY WAYS TO PRACTICE BRINGING MINDFULNESS INTO YOUR DAY

1. Set the Tone for the Day

As soon as you wake up, take some time to focus your attention on your breath. Use full, deep inhales and exhales to get your body's energy circulating before jumping out of bed. No phones allowed

2. BREATHE!

Are you holding your breath? Is your breath short, fast and shallow? Become aware of your breathing patterns and allow the breath to be more fluid and gentle. Every time you pause to notice your breath, you are closer to living more mindfully.

3. Take Notice

When you begin noticing, you are being mindful. Notice the temperature of the air on your skin, the way the air smells, the noises around you, your breath patterns. This awareness gets you out of your head and into your body.

4. NO Screen Time

Dedicate a chunk of time during the day when you can put away all screens. Just like the good ol' days, practice being present. Play with your kids, write a letter to a friend, or just notice the trees outside your window.

5. SLOOOOW Dooown

Are you walking fast? Are you rushing? Are you chewing your food? How can you bring the practice of slowing down to all of your movements throughout your day?

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6. Practice Patience

We've all been there before; feeling like we might pass out if we have to wait one more minute! Instead, use this time to practice your patience. Breathe, daydream, let go!

7. Journal

Write down your deepest thoughts, your inner inspirations and even your fears and worries. Writing is a powerful way to help identify our thought cycle. Are we in a spiral of negative thinking today? Can we switch these thoughts?

8. Thought Switching

So I made this one up, but it works wonders for me! Every time I notice a thought that I know does not serve me (a fear, worry, doubt) I name one thing I am grateful for. This helps break the pattern of the "spiral of negativity" cycle.

9. Release Tension

Are you squeezing your hands? Tightening your jaw? Are your shoulders in your throat? Set your alarm every hour and scan your physical body for any tension you can release.

10. Create a Healthy End of Day Ritual

Find a comfortable place and sink into reflection before you sleep. Create a way to bring gratitude into your before-sleep habits. Listen to a meditation to allow your day to slip away and prepare your body to heal itself overnight.

LET'S KEEP THIS GOING!



Watch this YouTube video to learn more about these concepts, and stay for the "No Pressure" Meditation at the end. :) Subscribe and click the bell icon for more videos, meditations, yoga practices and discussions to support you. Click [HERE](#) to Subscribe!

www.livingoodyyoga.com

livingoodyyoga@gmail.com



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