

Mindfulness During Personal Isolation

In these moments of personal isolation recognize the moment. Prioritize meditation, fitness and wellbeing. These uncertain times can cause stress and anxiety however, it can also be the perfect time to practice mindfulness. Being mindful can reduce stress while also boosting focus, energy and productivity.

To be mindful means to be consciously present in what you are doing, while you are doing it. If you are writing a report, mindfulness requires you to give that your full attention. Each time your mind wanders to other tasks you need to complete, just acknowledge the thoughts and bring your attention back to the task in hand.

Mindfulness can improve emotional intelligence by increasing understanding of your own and other people's emotions. By mindfully listening to others you can improve your ability to take other perspectives with greater empathy and skillfully express your own views. Incorporating mindfulness breaks into your day will create space for you to recuperate and have a greater focus for the rest of your day. Exercising or just stepping away from what you are doing for 10 to 15 minutes is essential to relieve stress and reprogram the mind. The change of environment will fill you with energy to give you a clear focus to continue your day. Going for a walk or doing some basic stretches will also help to get the blood flowing around your body, calm your mind and bring your attention back to the present moment.

When experiencing a particularly stressful moment, a mindfulness exercise known as S.T.O.P can be helpful.

Stop - Stop whatever you are doing

Take - Take a few deep breaths

Observe - Observe the present moment

Proceed - Proceed with what you were doing

By putting this **STOP** technique into practice, you can become more efficient, productive, happy and healthy.

