Positivity and Reducing Stress

Living in a state of gratitude, being of service to other people and living a life where you are connected to a community all increase sense of purpose and meaning.

We can use this time as an opportunity to be thankful for what we have. Going back to basics and finding the joy in helping others can bring positivity to these times. Pursue purpose and meaning to find happiness.

Getting out in nature and keeping active will help to improve feelings of wellbeing. Staying active and setting your intentions for each day will create purpose and something to pursue and work towards. Practising mindfulness is a great way to increase positivity.

Mindfulness is the act of being present and fully engaged with whatever we are doing in the moment. Free from distraction, we are aware of our thoughts and our feelings without getting caught up in them. We spend so much of our lives looking forward or backwards, forgetting that all we can truly affect is right now. When we are mindful, we can direct our focus back to the present. Being present in the moment is mindfulness.

Thoughts will always come and go, but if we accept our thoughts without judgment and detach ourselves from them, we can let go of them. This isn't something we can easily turn on and off. To detach ourselves from our thoughts without judgment, we must learn to live moment to moment. When we do this, we change how we interact with ourselves, with others, and with the environment.

Studies have shown that mindfulness can positively impact our mental and physical health. An indicator of mindfulness is how we deal with stress and challenges when they come. When we are mindful and stress comes, we do not feed it by frantically trying to find a solution. We do not engage in overthinking or by doing more. We do just the opposite. We slow down. With enhanced focus, we are able to observe those stressful thoughts and feelings without getting lost in them. As a result, we use our challenges as opportunities to take a step back and be mindful of the present moment. This process gives us more clarity and strength to effectively manage future challenges when they arise.

To give ourselves full attention to the moment is to be in flow with the world around us, beyond thought.

3 Tips to Reduce Stress

1. **Focus on your breath**
   Close your eyes and take a moment to focus on each in breath and each out breath; feel all the sensations that come with this.
2. **Observe your reactions**
   Ask yourself why you are reacting in a certain way, and if you are being mindful in your reaction.
3. **Stop and ask yourself if you are aware**
   Awareness is a state of being, regularly check in with your mind and body to ask yourself if you are being aware