Wellness Practises to Thrive

To thrive 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. If we are in survival mode we are not actively engaging in the present moment. We can get lost thinking about the past or future which will mean we are in a state of survival. When we are mindful, we are able to direct our focus back to the present. To have focus and clarity in the present moment is to thrive. Here are 3 practises that can help us thrive.

Meditation

Meditation is to train the mind to be aware and get a healthy sense of perspective. Practising meditation will teach the mind to observe thoughts without judgement which will help us thrive in everyday life.

Exercise

Exercise will relieve tension and stress. This can help to improve our mood and bring awareness back to the present moment.

Mindfulness

We can practise mindfulness at any part of the day. Mindfulness is the ability to be fully present in the moment. Practising mindfulness will teach us to grow which will ensure we are thriving.