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Last updated September 30, 2020, we often hear people talk about the importance of living in the present and how it will benefit us. All this sounds great, especially lower levels of stress and anxiety, but how exactly can we live in a moment when our minds are constantly worrying about the past or plans for the future? In this article, we'll discuss some of the benefits of living at a time when you may not know. Then we look at some obstacles and why we are worried. Finally, and most importantly, I'll show you how to live in the moment and stop worrying using some simple practices that you can easily incorporate into your busy schedule. The result: a happier and more fulfilling life. The importance of living in a moment of secret health to the mind and body is not to mourn the past, worry about the future, or anticipate trouble, but to live in the present moment wisely and sincerely. -Buddha However it can be difficult to live in the moment, it has countless advantages. Here are just a few that will contribute to your life tremendously: Better health By reducing stress and anxiety, you avoid many related health effects such as high blood pressure, heart disease, and obesity. Studies have shown that being present can also improve psychological well-being. Improve your relationship have you ever been with someone who is physically present but mentally with/he a million miles away? Being with inaccessible people is a struggle, and it is extremely difficult to build a relationship with them. How about being with someone who is fully present? We like to be with her/him because we can make a much deeper connection. Living at the moment, you can be the person that other people love to be with, and you make the relationship a lot easier. Big self-control You have more control over your mind, body and emotions. Imagine how much better your life would be if it weren't for racing wit and unpredictable emotions. You will certainly be bigger in the world, and much happier. Why are we worried? Before answering this question, it is important to distinguish between anxiety and anxiety. When we are concerned about something, we are most likely dealing with a real problem with realistic solutions. Then, as soon as we do everything we can to solve this problem, we are ready to live with the result. Anxiety, on the other hand, involves unrealistic thinking. We can worry about a problem that doesn't really exist, or dwell on all the bad things that can happen as a result. Then we feel unable to cope with the result. In any case, we are struggling to deal with the uncertainty that is a normal part of life. Of course, some of our problems may not have desirable results, such as a serious problem with Some problems may be beyond our control, such as civil unrest or economic downturn. In such cases, it's hard not to worry, but not impossible. 3 Steps to Start Living in moment Step 1: Overcome anxiety In order to overcome anxiety, we must do two things: Calm your mind when you calm your mind, you can see more clearly. The reason that some problems seem so complex is that our mind is hurtling so fast that we can't see things for what they really are. Then we compile a bunch of possible scenarios in our mind, most of which are unlikely to come true. In addition to seeing more clearly, a calm mind will help us think more realistically. Unrealistic thinking is fueled by confusion and uncontrollable emotions. By calming your mind, it will reduce confusion and soothe your emotions, allowing you to live in the present. Focus on solutions rather than problems, some people tend to be more solution-oriented, while others are more problem-oriented. Some of the factors that can determine are gender, upbringing and education. People with a large education tend to solve problems. This is what their years of education teach them to do. In addition, their jobs probably reinforce this way of thinking. If you're not problem-solving, don't worry. You can train yourself less to worry. We'll discuss it soon. Step 2: Identify the obstacles to life at a time in today's busy world, it can be a challenge to live in the moment. The reasons revolve around how our mind works, as well as external influences. Racing Mind Many busy people have a racing mind that never seems to slow down. Their mind gets so excited by too much sensory stimulation. You see, anything that stimulates any of our five senses will trigger thoughts, and that thought leads to another, and then another, and so on. If you have a busy life, all your actions will overstimulate your mind and make it seemingly impossible to slow it down. Unpleasant situations and unpleasant past None of us wants to be in unpleasant situations, or remember those from the past. They can bring up painful emotions that we don't want to feel. So how do most people cope with painful emotions? By doing our best to avoid them, we can take our minds to a different place and time where things are more enjoyable. In other words, we avoid living in the present moment. Some people resort to things that stimulate sensory pleasure, such as food, alcohol or sex. Others will consume substances that dull their mind and keep them from thinking about unpleasant or stressful situations. The wandering mind from the moment we were born (probably earlier) to the moment of death, our body and mind actively perform some function. So it is natural for our mind to have some level of activity, whether conscious or As a rule, the wandering mind is unproductive. One thought begins an endless chain of thoughts, and this process can continue as long as we need our mind to perform a certain function or be distracted with More. Now there are moments when the wandering mind can be productive, for example, when creating works of art or when looking for creative solutions to problems. In such cases, we need our mind to explore various possibilities. Outside of influence, most of us are not fully aware of how our environment and social norms affect our thinking and behavior. People and institutions are constantly competing for our attention. The media draw our attention to the past, and advertising tends to be the future. Many people around us who live on the past or the future are trying to engage us in their way of thinking. Even the whole concept of the American dream is focused on the future. It tells us that if we buy things like a good career, family and home, then we will be happy. Step 3: Practice Mindfulness So how can we live in a moment in a world that is constantly trying to draw our attention to the past and future? Before we get into specific actions that you can take, it is important to understand that mindfulness. You've probably heard the term before, but can't fully understand what it means. Understand mindfulness The concept of mindfulness is actually quite simple. Remembering is about living in the moment. When you remember, your focus is on what is happening at the moment and you are completely in touch with reality. You realize what is going on in your body, mind, emotions and the world around you. It's different from thinking about these things. To develop more understanding, you don't have to think about them so much, but just watch them. This can be illogical for many people, especially intellectuals, because they are so used to using logic to develop greater understanding. With awareness, we soothe our mind and emotions so that we can see more clearly. Then much of our understanding will come from mere observation. When we develop mindfulness, we literally expand our awareness. To develop mindfulness, we need to train to observe things more objectively, that is, without our emotions or preconceived ideas influencing our views. If you are willing to live better, read on for some simple mindfulness practices that you can incorporate into your daily routine to help you live in the moment. You don't have to do all of them, but rather choose the ones that appeal to you and suit your lifestyle. Mindfulness meditation meditation meditation is the basis of the development of awareness and life at the moment. To practice mindfulness meditation, all you really need to do is sit still and follow your breath. When your mind wanders away, just return it to your breath. Notice how your lungs expand with each breath and contract with each of the out-breathing. Let your breath become relaxed and You don't have to do it perfectly. The idea is to start spending time away from the constant sensory touch all your activities, and just let him calm down naturally. Start 5 to 10 minutes a day and work your way up to about 20 minutes or longer. This practice is very effective and can have both short-term and long-term benefits. If you want to learn more about mindfulness meditation, take a look at this article: What is Mindfulness Meditation? 7 ways to start meditating mindful breathing Although it may sound just like mindfulness meditation, everything you really do takes short breaks from time to time (10 to 15 seconds) to watch your breathing. Stop everything you do and take a little conscious breath and then resume your activities. That's it. You can do mindfulness breathing at any time of the day during your busy schedule. What he does is interrupt the acceleration of your mind. It's like taking your foot off the accelerator while driving. It's a nice refreshing break you can take without anyone noticing. Here are some breathing exercises you can try to learn: 5 Breathing exercises for anxiety (simple and calm anxiety quickly) Mindful Walking is an activity that you perform several times during the day. We often think we are productive, texting or calling someone while walking. But is it really so? Instead of being on your cell phone or letting your mind wander away, why not use your walking to train yourself, to live in the moment and focus on the task at hand? Mindful walking is like mindful breathing, but instead of focusing on your breathing, focus on walking. Pay attention to every step. Also, pay attention to the different movements of the arms, legs and torso. When your mind wanders away, just draw your attention to your walking. You can even do meditation from walking. That is, walk for a few minutes outside. Start by slowing down. If you slow down your body, your mind will follow. In addition to paying attention to walking, pay attention to trees, sun and critters. The memorable walk is pleasant and can really help your mind calm down. You can discover more of the benefits of walking outdoors here. Mindful of food activities that most of us perform mindlessly. The reason is that it doesn't require your attention to perform. So many of us try to multitask while we eat. We can talk on the phone, text, watch TV, or even hold a meeting. The problem with not eating consciously is that we don't eat what our body and mind have to perform at the optimal level. We can eat junk food, or too much. This can lead to various health problems, especially as we get older. Mindful food has many health benefits, such as Reducing food cravings, better digestion, and even weight loss. So how do you eat consciously? Start by slowing down, and avoid the temptation to distract yourself with another activity. Here are 3 different aspects of eating where you can practice Eating by itself: Focus on choosing the portion of food to insert into your mouth. Notice the smell, aroma and texture as you chew it, then finally swallow it. As after your breathing during meditation, pay close attention to every aspect of your meal. Food Choices: Although you've already chosen food before you start eating, you can still take the opportunity to contemplate your choices. Think about the nutrients your body needs to sustain itself. Contemplating the sources: Most of us don't think about all the work we need to provide us with the food we eat. While you eat, consider all the work of a farmer, shipping company, and grocery store. These are real people who have worked hard to provide you with the food you need for your survival. You can find more tips on mindful eating here: 7 simple steps to mindful eating Mindful activities Select activities you perform regularly, such as washing dishes. Focus all your attention on this activity, and resist the temptation to let your mind wander. When this happens, just draw your attention to washing dishes. Notice some specific movements or sensations of washing dishes, such as how soapy water feels on your hands, circular motion cleaning dish, or rinsing. You will be surprised at how such worldly activity can really expand your consciousness. You can choose any activity that you like, such as ironing, folding clothes, mowing lawn, or shower. Over time, you will start doing all these activities with greater awareness. The final Thoughts Practicing care is how to regularly put a small amount of change in the bank. All of them will be over time and this will add up to more peace and happiness as well as getting you closer to achieving your goals. Remember that you don't have to do mindfulness practices perfectly to get benefits. All you have to do is keep bringing your mind back to the present moment when it wanders away. The practice of mindfulness can be a bit of a challenge at the beginning, but I can assure you that it will be easier. The benefits of living at the moment are within your reach, no matter how much your mind is hurtling. If you stick to these mindfulness practices, you too will learn how to live in the moment and stop worrying. When you do, a whole new world will open up for you. This is what zen master Thich Nhat Khan calls the ultimate reality. Read more about life in present Featured photo credit: Smile Su via unsplash.com unsplash.com english alphabet with words and pictures. english alphabet with words pdf. english alphabet with words and pictures pdf. the english alphabet with words for each letter. english alphabet letters with pictures and words. english alphabet letters with words. hindi alphabet with english words. korean alphabet with english words

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