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3 Benefits Of Adding Mindful Practices To Your Daily Routine



Contemplative practices such as yoga, meditation, and mindfulness are becoming increasingly more popular in many urban communities.

From yoga studios to retreats, many of us are now starting to gravitate towards life practices that focus on the mind, body, and soul.

Once thought of as trendy, new-ageish, and even elitist, integrating non-Western and non-pharmaceutical methods into our daily routines has led many of us to have more grounded, relaxed, centered, and healthy lives.

From the 14th century, contemplative practices are rooted in the word contemplation which means, "reflection, thinking, thought, the act of holding an idea continuously before the mind.

Benefits of practicing mindfulness

As you can imagine, the benefits of practicing mindfulness vary, but here are some that might change your life:

Stress Reduction and Lowered Blood Pressure

Breathing is the cornerstone of life. Although it may come intuitively, breathing properly can have a tremendous impact on one's overall well-being.

Deep, intentional and controlled breaths can help one to not only relax but also focus on the actual breathing process. For this, and other reasons, breathing techniques are integral to those who practice yoga and engage in Pilates.

The more breathing is controlled, the more one relaxes and calms down, thereby leading to greater stress reduction.

An added benefit is that one's blood pressure might be lowered as the heart does not have to pump as hard to get blood throughout the body and to the brain.

Minimized Anxiety and Greater Concentration and Focus

Whether it is the fear of public speaking or walking in a large crowd, many of us have experienced some form of anxiety. Anxiety can creep up and create great angst and concern.

To counter anxiety, many people attest to the power of mindfulness—centering one's thoughts and ideas while focusing less on that which one fears and more on that which one can control.

Because practicing mindfulness allows one to tap into the power of the brain, this contemplative practice allows us to attract that which we desire.

Afraid of public speaking? Then envision yourself standing in front of a large crowd not only mastering the crowd but doing so with great comfort and confidence.

By intentionally conceptualizing yourself doing something that may typically cause anxiety, you will minimize the anxiety.

Increased Oxygen Flow to the Brain

Have you ever experienced your energy level spike and a sudden feeling that you could conquer the world? Do you remember what precipitated that feeling?

For some, the act of meditating can have that same effect. When engaged in meditation, the body is relaxed, the mind is cleared, and the participant is doing that which comes naturally—breathing.

The act of carefully and deliberately inhaling and exhaling, which is often an outgrowth of the meditation process, increases oxygen flow. In turn, an increase in one's oxygen flow can lead to more stamina and overall energy.

Who doesn't want more energy?

Whether you have been practicing yoga for years or just started meditating last week, the point is that the mind is a powerful tool.

The more we understand its benefits, the more we begin to unleash its power to heal us.



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