

Four Ways Mindfulness Can Reduce Stress

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Mindfulness is becoming an increasingly popular topic, and with good reason. It is encouraged to help with many aspects of health psychology, including building confidence, managing conflict and reducing stress. But how exactly does mindfulness reduce stress? Here are just four examples:

You become more aware of your needs

The human mind is a complex thing, as is the human body. When you practice mindfulness, you'll likely become more aware of what exactly your body and mind need to feel healthy. This can be anything from realising you need to eat healthier, to understanding that you need a break or rest. This enables you to make positive adjustments to your habits and find a less stressful lifestyle.

You are better able to focus

When you're able to focus, you become more efficient at completing tasks. Be this in your work, education or personal life, this productivity will leave you feeling accomplished. Accomplishing tasks reduces stress by keeping you on track and ensuring you meet deadlines, meaning fewer last minute panics.

You can delay reactions

Mindfulness can help you discipline your mind to take a moment to think before hasty reactions. When someone says something that makes you angry, upset or annoyed it can be easy to fire back a response that is unhelpful or makes matters worse. By pausing to think before you speak you are more likely to resolve the situation calmly, and not stress yourself out.

You are more aware of your thoughts

Being aware of your thoughts can help you deal with negative feelings. If you are feeling anxious, self-conscious, angry or stressed, mindfulness helps you consider your thoughts and focus elsewhere. Choosing to seek out the positives, or push negative thoughts away, can help you instantly relieve the tension caused by stress and worrying.

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