



# Mindful Meditation

There is simply no way to avoid stress in normal, everyday life, so dealing with it is important and a great way to do this is to incorporate mindfulness meditation. There are numerous ways to meditate, such as transcendental meditation, where you sit quietly focusing your thoughts on a single 'mantra'. Mindfulness meditation is another easy way to enhance your health.

Mindfulness is simply a mental state of intensive focus on the present. The goal is to be aware of your feelings, thoughts and physical sensations in the present without judging them or yourself.

## Mindfulness can have many positive benefits, such as:

- Boost your immune system
- Improve your sleep quality
- Increase brain function
- Increase positive emotions and decrease negative ones (like stress)
- Fight obesity by practicing mindful eating

The nice thing is that you can incorporate mindfulness meditation into your life without spending much time or money. You can practice it in almost any setting in which you don't have too many distractions.

Here are a few links to basic and useful explanations and how-to's about developing a mindfulness meditation practice in your life.

<https://www.mindful.org/mindfulness-how-to-do-it/>  
<https://www.mindful.org/how-to-meditate/>

