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Being aware helps people do better in every part of their lives, how to focus on tasks or feel less stressed out. Practice awareness a little per day helps you build this precious skill. These exercises help you to practice awareness in five different ways. Try them all. As you do every exercise, you will probably find that your mind wanders after a minute or two. This is normal — minds do it. Your work is to gently bring your attention to the thing you are focused on. The more you practice doing this, the better you train your brain to pay attention. 1. Eating with mind You can do this with an orange, an apple, or even something as small as a grape passes. Let's say you decide to eat with an orange. Your job is to eat orange slowly, without haste. Eating with mind really means paying attention to what you are eating. You can do this exercise to eat conscious with open or closed eyes. Start by holding your orange. Put it in your hand. Notice how it feels. Keep the orange near the nose. What smell does it smell? Make a whip of the bitter sweet smell of orange peel. If you have eyes open, known as orange looks. Pay attention if the skin is smooth or urticant. If you hold it tightly, is that squishy? Slowly peel orange, paying attention to how it feels in your fingers. Note the juice, and if the inside of orange smells different from the outside. Is your mouth watering? Come on and enjoy your orange. Notice how it feels on the tongue, and against the teeth. Note the taste, texture and juicy while chewing each piece slowly. Take your time as you chew, taste, smell and feel every bite of your orange. 2. Breathing with mind With this exercise, you focus your attention on breathing. You want to pay attention to the breath in— on purpose, but not forced. Sit comfortably. Close your eyes. Note breathing while inhaling and exhaling exhalingJust pay attention to your breath as it goes inside and out. Can you feel the place where the air tickles your nostrils? Pay attention to how the breath gently moves the body. Can you notice the belly or the chest moving while breathing? Sit down for a few minutes, paying attention to your sweet breathing. See how you feel relaxed sitting, breathing in and out. When your mind starts wandering and thinking about something else, gently guide your attention to breath. 3. Walking with mind This exercise is to pay attention to how your body moves as you walk slowly. To start, take a foot and take a step forward, moving slow. Pay attention to how to naturally maintain your balance. Now he walks in slow motion, step by step. Notice how your arms and legs and feet move. Pay attention to how the knees bend and straighten, how you lift one foot and then the other, beautiful and slow. Breathe in and out, in time with your steps. See if you can keep the focus on walking slowly, step by step, while you relax and breathe. Whenever your mind wanders, gently guides the s-i-o-w movement. Keep breathing, inside and out while you like to move slow motion. 4. Think of a word that seems calm or calm. This could be a word like "peace" or "love" or "pacious" or "snow bow" or "light" or "um" or "calm". Think about yourself. Say it quietly and slowly in your mind. Say your word to yourself with every breath you take, inside and out. Keep your focus gently on your word. When your mind wanders, you guide your attention to your word, and keep saying it gently and slowly as you relax and breathe. Can you do that for a whole minute? Can you do that for five minutes? 5. Conscientious Guide Safe Guide Requires to Providelt is easy for drivers to distract - and this can lead to accidents. If you drive, do this awareness skills when you get in the car. Help your mind concentrate better while you drive: guide:you start the car, take a moment. Bring your attention to how your body feels in the driver's seat. Is the seat comfortable? Do you feel soft, solid, fresh or warm? Take a slow breath while you're in the seat. Move your attention to see if your feet easily reach the pedals. Adjust the seat if necessary. Take a slow and deep breath. Fix the belt. Tell yourself: "I think I'm paying attention while I drive. I plan to drive safely and well." Now move your attention to the mirrors. Check the mirrors and adjust them if necessary. Take a slow breath and start the car. Now move your attention to notice the area around your car. Are there people or cars around you? Drive your attention while you start driving. While you drive, note any situation that requires you to slow down or accelerate. Keep driving your attention on what surrounds you while you drive. If you feel distracted while you drive, remember: "I'm driving" and focus your attention on what you're doing. When you practice awareness, you will probably notice that you feel calm and relaxed. If you continue to practice, you may start noting that it is easier to focus your attention on things like school work or listening. You can begin to feel calmer and more patient in your daily life. You can find that when small things go wrong, you can handle better. Review by: D'Arcy Lyness, PhD Review: novembre 2017

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