

DR LIGEIA VAGHARSHAGIAN

6 SIMPLE DAILY PRACTICES

TO EXPERIENCE LIFE FULLY EVERY DAY
AND IMPROVE YOUR BRAIN AND BODY



IMPROVE YOUR OVERALL WELL-BEING
INCREASE SELF-AWARENESS
ENHANCE YOUR ABILITY TO MANAGE STRESS
IMPROVE THE QUALITY OF YOUR LIFE
THINK MORE CLEARLY AND SLEEP BETTER

YOU HAVE A 'PAUSE AND RESET'

Ever noticed when you're stressed or worried that if you take a moment, stop, and just take a few deep breaths, how much calmer you are?

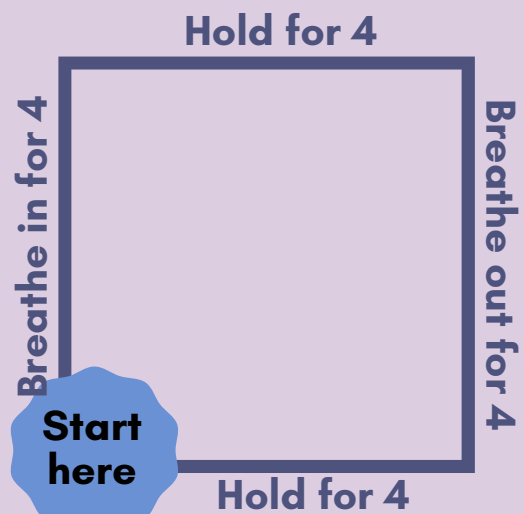
Create a moment when you can pause and be aware of your breathing. You breathe all the time, you're just using your breath to ground you in this moment. By folding this into your life you can have the benefits of real-time living. It's one of the easiest ways to train yourself to be aware of this moment you're living in instead of thinking about the past or planning some future moment that hasn't happened. It's calming and focuses your attention in the present and has amazing health benefits. It also allows your brain to come off auto-pilot and into a more creative mode of thinking.

Breathing to ground you



Take a moment. Close your eyes, inhale deeply through your nose and exhale slowly through your mouth. Focus on the sensation of your breath and clear your mind of any thoughts. Repeat for 5 minutes and feel the sense of calm wash over you.

Breathing to calm you



Follow along to calm your mind. Start at the bottom left of the square.

Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

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YOU HAVE ABILITIES TO ENJOY NOW

Your brain is created to work best and most creatively when you're focused in this moment and not thinking about the past or planning the next moment.

The following five are skills you can develop.

Like a really good stew that has many ingredients to create the perfect blend of flavours, a skill is made up of different ingredients. Let's now look at five key mindfulness ingredients.

Live
in the
Moment

The easiest way to get your brain into now is to learn to just enjoy the moment you're in.

Practise noticing the good stuff around you, taking the extra time to prolong and intensify your enjoyment of the moment, making a pleasurable experience last for as long as possible - the idea is to linger, take it in, and enjoy the experience.



It lifts your heart and will stir good emotions in you.

With time, it becomes a habit - one you'll never want to break. Those who regularly and frequently spend time to savour this moment are happier, more optimistic and more satisfied with life.

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USE EMOTIONS TO APPRECIATE

When you spend time in thankful appreciation and gratitude, you lift your emotional level positively, and it opens you to attract abundance.



It's an act of identifying and then appreciating the things people do for you and the things you have in your life.

Gratitude fills you with optimism and self-confidence, knowing that others are there for you. You are not alone and you are loved. It boosts your satisfaction with all you have and helps you to manage your desires for 'more and more' of everything - and it deepens your relationships with loved ones. And when we express our gratitude to someone, we get kindness and gratitude in return.

The practice of gratitude can increase happiness levels by around 25%, it's not hard to achieve and cultivating gratitude brings other health effects, such as longer and better quality sleep time.

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MEANING IN YOUR LIFE IS INSTILLED IN YOU

You have an inherent sense of purpose, a reason for being. Aspiring releases your skills and gifts - you grow as you grow in purpose.

Having a sense of purpose and feeling that you matter changes the way you view your day-to-day life. Studies show that by creating meaning in your life, you're happier and more satisfied with life.



"Yes, I can!"

Genuine optimism is a friend magnet. It also makes your goals seem attainable and your challenges easier to overcome. Bottom line: you'll feel more successful and you'll be more successful.

Using your strengths in daily life, studies have found, curbs stress and increases self-esteem and vitality. Believing that your goals are within reach promotes a sense of meaning and purpose in life - a key ingredient of happiness and optimism.

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YOU HAVE THE ABILITY TO FEEL FOR OTHERS

We have a built-in ability to empathise and respond to the empathy of others. Research shows that something as simple as a hug changes your physiology positively.

Empathy is the ability to care about others. It's the ability to imagine and understand the thoughts, behaviours or ideas of others, including those different from ourselves.



When we empathise with people, we become less judgmental, less frustrated, angry or disappointed – and we develop patience. We also solidify the bonds with those closest to us. And when we really listen to the points of view of others, they're very likely to listen to ours.

Strong relationships are essential to happiness, and practising empathy will nurture the relationships in your life. Compassion is a skill that we can all learn.

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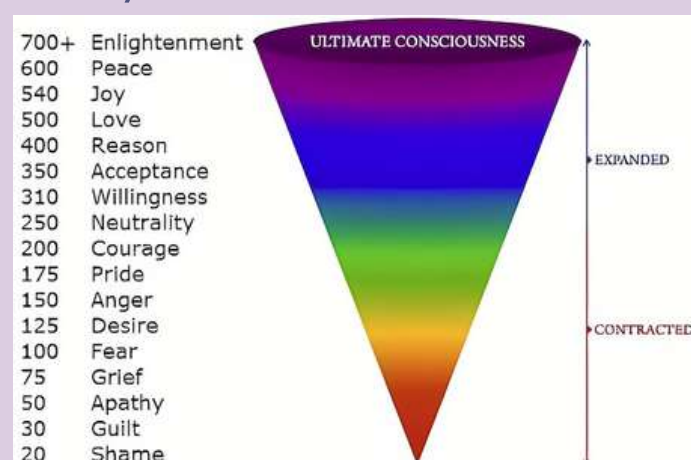
WE EXPRESS LOVE THROUGH GIVING

Everything has an energy signature. Some vibrations create and expand, some contract your thinking actions and life. Living at the frequency of love, we open ourselves to the miraculous.

When you give someone something or do something for someone, you make them happier. And the giver reaps even more benefits than the receiver. Giving is a win-win situation.

Kindness can take on many forms apart from giving. Being kind makes us feel less stressed, isolated and angry, and it makes us feel considerably happier, more connected with the world, and more open to new experiences.

Purpose to do six random acts of kindness a week and plan them beforehand. It will immediately lift your mood and increase your happiness. It will also change your thinking positively and those acts of kindness will change someone else's day.



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Living Mindfully is living in an aware, wide-awake state every day. Mindfulness teaches us to look at things differently and creatively. It also liberates our minds from functioning on autopilot and allows us to create and experience the magic of the moment we are living.

These two resources will empower your life and living in different ways.

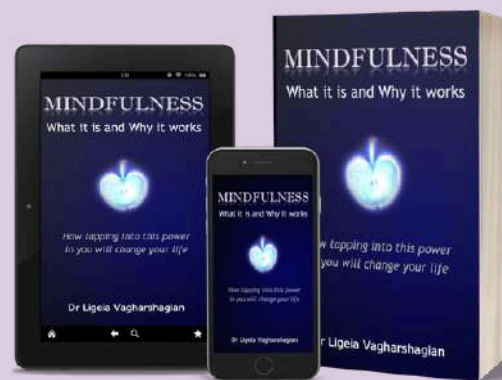


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THE SIMPLE TRUTH, BACKED BY SCIENCE, TO A WIDE-AWAKE, HAPPY LIFE. WE ALL HAVE THE INNATE ABILITY TO ENTER A STATE OF MINDFULNESS WITHOUT AIDS SUCH AS MEDITATION, POSTURE, A QUIET MIND OR BEING SPIRITUALLY MINDED. THIS BOOK OFFERS PROVEN ROUTES THAT WE CAN TAKE TO APPLY MINDFULNESS IN A WAY BEST SUITED TO OURSELVES.



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The five key mindfulness ingredients are adapted from a Happify article <https://www.happify.com/>

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