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### Mindfulness

Do you ever feel stressed? Or like you're constantly doing things and not taking the time to enjoy what's going on around you? Well you should take a look at mindfulness. "Mindfulness is the practice of purposely focusing your attention on the present moment- and accepting it without judgement" (Mindfulness). Mindfulness is about instead of multitasking, single tasking. Single tasking is the act of doing one thing at a time and finishing the task before you move on. "Many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others." (Mindfulness). Mindfulness has been reported to improve mood, strengthen immune system responses and treat a number of problems. It also improves the way we communicate with others. Mindfulness meditation is another way to achieve mindfulness and is based mostly on concentration. You focus on the sensation of breathing, allowing your multiple thoughts to come and go. Once you gain concentration, you observe the flow of thoughts, emotions and bodily sensations without judging them.

By incorporating mindfulness in your life, you will ultimately be happier because you are lessening your stress and cutting back on how much you are getting caught up in your own thoughts. Also, by practicing mindfulness meditation, though it may not seem relaxing at first, "over time provides a key to greater happiness and self awareness" (Mindfulness), the more you do, the more

effect it has. Becoming mindful is not something that happens immediately. It takes time and your effort in becoming more concentrated yet open minded. It also improves how we communicate with each other. By having less stress and negative emotions in our lives, it allows us to communicate more effectively and let others know what's going on in our lives.

I believe that mindfulness is a good thing for everyone to incorporate in their lives, especially teens. A lot of the time, teenagers get caught up in their own thoughts and stress about preoccupations with what other people are thinking about them. Be mindful, or mindfulness meditation, would provide them with a way to get rid of all those negative emotions. I personally would love to try and incorporate mindfulness into my own life so that I can get rid of stress and become more focused on what's going on around me. Mindfulness meditation would be difficult at first because I often get caught up in my own thoughts and then become distracted. But, as the article "Mindfulness" says, it is not an immediate process and takes lots of effort. I am willing to put forth that time and effort in order to achieve a greater piece of mind.

Puddicombe, Andy. "All It Takes Is 10 Mindful Minutes". TEDSalon. London.

Nov. 2012. Lecture

"Mindfulness". *Positive Psychology* (2011): 25-27. EBSCOhost. Web. 17 Apr. 2014