

INSPIRING MATERIAL

Beating stress.
How to use Mindfulness to de-stress



How to use Mindfulness to de-stress

”Lowering your stress levels and learning to be calm under pressure is possible; all you need are some simple mindfulness techniques up your sleeves”

— Andreas Eder

Adding some mindful moments to your day can efficiently help lower your stress levels. Presence, your capacity to be aware curiously and kindly with your experience, is the key to deal with any challenging emotions or situations. Presence is the superpower to awaken and connect to your inner resources, your bunch of superpowers, and to land in inner peace; happiness, the deep inner wellbeing.

”Whatever method you use to be mindful, the one proviso that you have to follow is to do it regularly”

Read more on the next page!



Here are some recommendations that you could do:

STOP & AND SIMPLY EXPERIENCE

Check first your present capacity to do this before doing this example. When we are strongly overwhelmed, first thing we need to do is to connect to our resources in order to calm down the nervous system. *With time you ll be better at it!*

What you can do here is, to stop whatever you are up to that causes stress and simply be and absorb your inner experience.

Here, put less attention on the content of the thoughts, include and embrace their presence for sure, but, gently focus here more on the body sensations and feelings of stress, frustration, anger, sadness etc. Just stop your activities and experience mindfully and kindly your experience of stress, for how it is for this specific moment.

LISTEN TO MUSIC

Music can be a powerful way to experience the present moment. Put on a favorite track, lie down, close your eyes, and give yourself permission to 'just be as the song washes over you. Notice the different instruments, as well as changes in volume and shifts in pace. Let any thoughts pass through your awareness and then gently bring yourself back to the sound of the music.

READ OUT LOUD

If books are more your thing, reading aloud could be your new mindfulness go-to. Start small by opting for an essay, poem or short story and, as you go, pay attention to how reading the words out loud makes you see and feel images differently. The goal is not to get to the end of the piece, but to experience it fully.

TRANSFORM YOUR CHORES

A brilliant way of incorporating mindfulness into your daily routine is via your household chores. Take the washing up, for example. With the feel of the plates, temperature of the water and smell of the soap, doing the dishes can be a very sensory experience, perfect for mindfulness. And it's a win-win, as you can tick things off your to-do list at the same time.

GET UP CLOSE TO NATURE

The benefits of nature on our wellbeing are well documented, but we don't all have the opportunity to take a mindful walk through the woods every day. Instead, choose a leaf and let your attention be absorbed by it. Notice the colors, textures and shapes without passing any judgement. Your racing thoughts will soon slow down. Shells, stones, feathers, crystals, twigs and flowers are all perfect alternatives!

How was it to read this for you? What inspired you? What touches you?

And do you feel yourself being ready to start exploring some of the points today?

Hope this was helpful to you and that sharing helps you to start experiencing a resourceful, stronger, peaceful and happier version of yourself!



If you would like to know more about how you can implement Mindfulness in your everyday life & experience a happier & healthier way of living, email me and we will investigate the possibilities together.

You will also find more inspiring material on my website.

If you want to know more about my coaching or about the True Empowerment-programs I organize, feel free to come on your first free call with me.

Be well. Stay connected. Be happy.

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