**Tap the Power of Mindfulness [Free Guide!]**

It’s time to take a deep breath. Being a full-time employee is more stressful than ever. With longer hours, stricter deadlines, and added responsibilities, many of us are more stressed out than ever. This stress can turn into chronic stress, which can cause physical and mental [health consequences](http://info.totalwellnesshealth.com/blog/stress-takes-a-toll-on-your-body-and-your-wellness-program-infographic).

Feeling [stressed at work](http://info.totalwellnesshealth.com/blog/are-your-employees-stressed-out) can lead to poor concentration, moodiness, and a decrease in overall work performance. When this stress is left unmanaged, many employees are susceptible to burnout. A company ran by burnt-out employees will experience increased absenteeism, less productivity, and higher turnover.

The point is that stress is bad for everyone involved. Luckily, there are steps you can take to make your life a little less stressful. This is where [mindfulness](http://info.totalwellnesshealth.com/blog/how-to-make-mindfulness-part-of-your-daily-routine) comes into play. We believe that practicing mindfulness is one of the best ways to reduce the stress in your life. But how can being more mindful impact your daily life?

Let’s start by defining this popular buzzword. Mindfulness isn’t a technique – it’s a skill. It’s the skill of being fully present and paying attention to thoughts and feelings without judgment. Being mindful helps strengthen and train your mind, will improves your ability to handle stress.

According to [research](https://puredhamma.net/wp-content/uploads/Psychological-effects-of-meditation-Sedlmeir-2012.pdf) published by the American Psychological Association, an analysis of 163 well-designed academic studies found that mindfulness practice had a particularly positive and substantial effect on factors including stress and anxiety management.

With this in mind, we have created a [free guide](http://offers.totalwellnesshealth.com/mindfulness_guide) to help you reduce your stress levels through relaxation, meditation, and mindfulness.

**Here’s sneak peek of some of the goodness you’ll find in this guide:**

Mindfulness provides a myriad of benefits. Research has shown that mindfulness improves focus, creativity, relationships, and quality of life. The power of mindfulness also reduces blood pressure, stress, and insomnia. To get the most benefits out of mindfulness, you should practice daily.

Contrary to what you might be thinking, you don’t have to meditate for hours each day to practice being mindful. In fact, there are many simple daily activities that will help you tap into the power of mindfulness. We recommended these 8 easy ways to practice mindfulness:

*Start your day with yoga.* Practicing yoga for even 10 minutes a day will do wonders. It’s a mind-body workout that’s guaranteed to start your day on a positive note. Plus, doing some morning yoga will even give you a natural boost of energy. If you’re new to the world of yoga, don’t fret. Start [here](https://www.yogajournal.com/yoga-101/shine).

*Observe your breathing.* Focusing on your breath is probably one of the easiest ways to practice mindfulness. Simply focus your attention on your breath while you inhale and exhale. Practicing breathing techniques will give you a mental break and help you return to your work feeling refreshed.

*Fill your day with color.* Coloring is a meditative exercise. It requires repetition and attention to detail. You’ll be focused on coloring within the lines instead of any stressful worries. **Bonus:** We even have a free coloring template for you to download!

*Slow down your lunch.* There are plenty of ways to practice [mindful eating](http://info.totalwellnesshealth.com/blog/learn-how-to-eat-mindfully). Slowing down your lunch is a great way to get started. The more aware you are about how and what you eat, the healthier your diet choices will become.

*Notice nature.* It’s easy to let the beauty of nature pass us by on a busy day. Making the effort to notice the nature around you is an excellent way to practice mindfulness. Pick a natural object within your view and observe it. You’ll feel calmer instantly.

*Enjoy mindful movement.* Most of us don’t pay attention to our movement. We move to get from point A to point B. While walking, shift your attention to the specific components of each step. This will help you become more aware of the present moment.

*Listen to music.* Jamming out to your favorite song is a powerful way to experience the present moment. Listening to music can help you calm down and fight stress. Unwind by focusing on the melody and beat of a relaxing song.

*End your day on a positive note.* Want to fall asleep faster and wake up feeling happier? Recollect pleasant moments of your day before falling sleep. If you need some help keeping track of your happy moments, try writing in a gratitude journal. You’ll become more mindful of the little joys in your life.

Additionally, this guide comes with a 5-day challenge to help you tap into the power of mindfulness. The more you practice, the easier mindfulness will become. So, click [here](http://offers.totalwellnesshealth.com/mindfulness_guide) to download your free guide for a less stressful, more peaceful life.