



Practicing Mindfulness

One of the best ways to take care of yourself emotionally is by practicing mindfulness. Mindfulness is keeping your thoughts in the present, as opposed to allowing your thoughts to analyze the past or worry about the future. By keeping your thoughts in the present moment, you can reduce feelings of anxiety and stress. You are also able to improve your emotional state of being by engaging in what is happening around you.

According to the [Harvard Gazette](#), neuroscientist and assistant professor of psychology at Harvard Medical School, Sara Lazar, first documented that mindfulness meditation can change the brain's gray matter. The article also states that mindfulness meditations affect "brain regions linked with memory, sense of self, and the regulation of emotions". These studies, and countless others, show a positive correlation between mindfulness and emotional well-being.

Donald R. Marks, Psy.D., Ph.D., professional consultant with the Saint John Vianney Center and expert in the practice of mindfulness, provides an [Introduction to Mindfulness](#), in which he explains what mindfulness is and the benefits it can have in one's life, such as helping regulate emotions, increasing mental flexibility, and reducing symptoms of depression.

Marks offers multiple practices of mindfulness to live in the present moment and be more in tune with our physical, emotional, and mental well-being. To listen, click any of the links below:

- [Mindful Breathing](#)
- [Mindful Eating](#)
- [Mindful Body Scan](#)

For more resources on emotional wellness such as methods to lower stress, deal with grief, and optimize sleep, click on the other articles on this resource web page.