

Title: Your Guide on How to Practice Mindfulness 2022

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Meta: If you have been feeling overwhelmed and stressed out lately, you have options. Read on for our guide full of tips on how to practice mindfulness.

Guide on How to Practice Mindfulness 2022

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Introduction

Mindfulness is a powerful practice that doesn't require any equipment, can be done just about anywhere, and comes with incredible—even life changing—results. Practiced for over 2500 years by cultures around the world, mindfulness is an ancient art supported by modern science that has the power to transform both body and mind.

Establishing a mindfulness routine sounds quite simple at first, but it requires practice and consistency. The challenge comes when life gets in the way, but you will notice that it will become easier as you continue your mindfulness practice. You can do this by learning simple daily mindfulness exercises that can be incorporated into everyday life.

Video: How to Practice Mindfulness in Just 15 Minutes a Day

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Key Takeaways:

- Mindfulness is the practice of becoming fully aware of your body, thoughts, and surroundings.
- Practicing mindfulness is simple – you'll need a comfortable space, focus, and time — but the practice itself is complex and richly rewarding.
- You can optimize your practice with techniques such as scanning your body, engaging with the senses, letting thoughts pass by, and staying focused on the present moment.

What Is Mindfulness?

Mindfulness is the practice of having your mind fully aware of your surroundings, thoughts, and how your body is feeling in the present moment. We spend 47% of our day thinking about the past or the future, so training the mind to remain in the present takes practice.

Many people find it most helpful to practice [mindfulness](#) through guided meditation sessions as it takes most of the guesswork out of the practice.

Practicing mindfulness has positive effects that can help improve your life and how you think. One study showed that the benefits of mindfulness have [been associated with psychological well-being](#). It's not having the dream house or the perfect job that makes us happy. It continues to be proven that we feel our happiest when our minds are fully present and in the moment.

1. Develop Compassion and Acceptance

Practicing mindfulness and being present allows you to develop an ability to be non-judgmental and accepting.

Clearing the noise of the past and the worry of the future can let you see people, places, and things in a new light with fresh eyes. This can help you be more open and compassionate to others as well. One study showed that mindfulness [reduced bias in participants regarding age and race](#).

2. Aid Concentration

Mindfulness may help you focus your concentration. As you practice mindfulness more frequently, you may feel less distracted, resulting in you being more efficient and productive.

Instead of reacting to every distraction that comes your way, you may feel less scattered, even while multitasking. This is because mindfulness can help you channel your full attention to the task at hand. That is why you can find many business professionals setting aside time for this powerful practice.

3. Let Go of the Past and Respond With Compassion

Many of us spend time worrying about the past, rehashing events over and over again. However, there is nothing you can do to change the past. This kind of thinking is rarely helpful, nor is it effective, and it can wreak havoc on your mental health.

If you are looking to let go of the past and move on, the practice of mindfulness is a helpful tool to help you achieve that. The more time you spend in the present, the more you won't have the time to think about the past. When you realize the benefits of being present, you may be more inclined to stay there.

Research shows that practicing mindfulness [increases the concentration of grey matter](#) in the parts of the brain that are associated with memory, learning, emotional regulation, and perspective-taking. This can result in you feeling calmer and less reactive.

The more you practice mindfulness, the more likely you can have mental resilience and may be less likely to continue into a negative mental headspace.

How Can I Practice Mindfulness?

Mindfulness is a practice — it is more effective the more you do it. Over time as your practice grows, it will feel increasingly natural, and benefits will begin to feel tangible.

Often the hardest part is asking, “How do I begin?” Start with an attainable ritual of five to ten minutes a day, then work your way up in minutes as you become more experienced in incorporating mindfulness into your daily routine. We’ve all been at the beginning—we’re here to share some tips on how to practice mindfulness every day.

1. Don’t Chase Perfection

If you are new to practicing mindfulness or are looking to improve your current practice, do your best to replace any judgment you may have about whether or not you are doing it correctly.

Simply acknowledge that you are doing the very best that you can in the moment by simply showing up. It’s more important that you keep on with the practice, and you will notice it will get easier and easier with each day. Remember not to chase perfection and instead just stay present and focus your thoughts and attention on where you want it.

2. Choose a Time Limit

Before you begin your mindfulness practice, decide how long you will dedicate so you can set a timer. This will help you remain mindful the entire time because it can be quite distracting if you keep peeking at a clock to see how much time you have left.

The most ideal way to practice is through [guided meditation](#) because it takes the guesswork out of the entire practice and gives you all the resources you need. The mindfulness instructor will take you on a journey of awareness, maybe some light breathwork, and finally end the practice at the time you had predetermined.

3. Find a Comfortable Space [\[photos here\]](#)

Finding a comfortable space is essential because you want to avoid as many distractions as possible. Ideally, find a relatively uncluttered and quiet place with clear boundaries like a door or divider.

Many people choose to sit upright while practicing mindfulness, so you may want to find a comfortable chair with a supportive back, a soft carpet, or a comfy pillow if you would rather be seated on the floor. This way, you won't have to be concerned about your posture.

As your mindfulness practice continues, you might want to experiment with different locations and at different times of the day. You may notice there are quieter times of day, or you may prefer the way the sun comes in through your window, among other variables that happen in your space.

Tips for Making the Most of a Mindfulness Session

Follow the tips listed below to increase the calming effects of your daily mindfulness practice.

1. Scan Your Body

Once you are settled into your calm, quiet environment, begin your mindfulness practice by scanning your body. We recommend performing this practice through a [guided body scan](#), especially if this is new to you. Scanning your body begins with your eyes closed or a soft gaze and by bringing your attention into your body.

After a few deep inhales and exhalations, notice the feeling of your feet on the floor with attention to the weight, pressure, and vibration. Then continue to go through each part of your body from head to toe while noticing any feelings or sensations you have, including tension or aches. Notice the sensation of air moving through your nostrils and feel your belly rise as you inhale.

The scan is complete when you get to the top of your head, and you can complete the practice with another deep cleansing breath.

2. Acknowledge Your Thoughts

Being aware of your thoughts and allowing yourself to acknowledge your thoughts is an important part of practicing mindfulness. Don't allow yourself to ponder on specific thoughts or judgments without doing so intentionally. Instead, silently and kindly acknowledge what thoughts and emotions are arising naturally.

If you begin to notice your thoughts are taking you away from the present moment, kindly nudge your attention back to present moment so you do not get distracted by judgments of the past or the fears and intentions of the future. This will take practice, and over time you will begin to notice it will take less time when you need to refocus your mind.

3. Return to the Present

Worry and stress typically manifest from thoughts based on the future and occasionally about the past. However, it's much harder to be anxious or worried with your mind in the here and now.

As you practice mindfulness, pay attention to how your body is feeling and what your mind is thinking at the present moment. If you are struggling to bring yourself to the present, go through your five senses and begin to notice your surroundings and how it looks, smells, tastes, feels, and sounds to anchor yourself.

5 Mindfulness Practices To Bring You Into the Present

Every day, you come across opportunities for mindfulness—it doesn't just have to happen during your yoga practice. You can even find it in the most simple, everyday tasks, including washing the dishes, doing laundry, or driving to work. You can even practice mindful eating by taking a moment to focus on the flavors and textures of your food.

Just simply switch your mind on to your senses so you can bring yourself into the present and allow your thoughts and worries of the past and the future to just drift away.

- [Morning Presence w/ Manoj D.](#): Draw your awareness to the flow of your breath for a simple start to the morning (15 Minutes).
- [Deep Sleep Body Scan w/ Crussen.](#): Sink into sleep with mindfulness techniques like body scanning and intentional breathing (15 Minutes).
- [Return to Center w/ Catherine E.](#): Reconnect your mind with your body with help from calming music by Like Water (12 Minutes).
- [Rest and Renew w/ Manoj D.](#): Cultivate a resting body and a calm mind by planting the seeds of intention (20 Minutes).
- [Ease Anxiety w/ Allison S.](#): Use mindfulness to manage and soften anxiety and worries (7 Minutes).

Be patient with your mindfulness practice. Can you make the commitment to yourself to stay consistent, and incorporate it into your daily routine for one week? Then one month? You're on a roll, and can even make it social—extend your practice to be inclusive of your friends or family, which is easy through sharing features on Open.

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Sources:

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[Mindfulness Meditation Reduces Implicit Age and Race Bias: The Role of Reduced Automaticity of Responding | Sage Journals](#)

[Effects of Mindfulness on Psychological Health: A Review of Empirical Studies | Clinical Psychology Review](#)

[Mindfulness Training and Physical Health: Mechanisms and Outcomes | NCBI](#)

Dive Deeper

[Breathwork Training for Mindfulness](#)

[Stress Reduction Through Mindfulness](#)