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Less Stress with Mindfulness

The average person has 50,000 thoughts running through their head each day! What a great reason to put some mindfulness into practice to ensure that our mind is not just full. Doing this can create relaxation, improve concentration, and increase energy!

There are seven principles of mindfulness:

- Non-judging—Be a neutral observer to each experience
- Patience—Allow each experience to emerge at its own pace
- Beginner’s mind—Avoid bringing in what you know to the current moment and try experiencing it as if it is the first time.
- Trust—Believe in your intuition and your ability to see things in a new way
- Non-striving—Avoid the need for winning or losing or striving for a purpose—it is about ‘being’ and ‘non-doing’
- Acceptance—See things as they are in the present moment
- Letting go—Take the time to detach from your usual feelings and thoughts

Today, let’s focus on how to create a mindful relationship with our ‘screens’. You have to unplug to connect! Spending too much staring at your screen and scrolling through social media can cause feelings of loneliness and self-loathing. These tips are adapted from Dr. Sasha Heinz’s “Four Ways to Hack Your Screen” article, October 2018, at mindful.org.

1. Turn your Smart Phone into an Ally

Our phones were created with tools to hook and distract. It takes an average of 20 minutes to return to your previous level of deep, productive focus. However, we can hack this! First, turn off your notifications. You can select time throughout the day to check these messages.

Second, when you do need to take a break, make sure it is a deliberate one. Set an alarm to go off after a certain amount of work time. I have mine set for 10am and 3pm!

2. Walk Outside

Combining sedentary behavior with lots of screen time is a recipe for depression, anxiety, and poor sleep. Simply getting into nature is good for the mind, body and sole.

3. Beware of Compare and Despair

The next time you're scrolling, take time to pause and examine how you're really feeling.

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