

Healthy Mind

5 Mindfulness Habits for Daily Practice

rbsudha lifecoach

www.rbsudha.com



“A healthy mind breeds a healthy body and vice versa!”



Welcome Greeting



We realize that we are extremely busy, and our life is too hectic. We face many demands from various areas of life and simply don't feel there is time to stop.

And through mindful living practices, we hopefully can find more joy, happiness, and meaning in our lives.





Mindfulness Habits



Being mindful is not as easy as it sounds. It is a habit that we need to develop. Still, we can take time to slow down, of course with a focused effort.

#1

Sit in the morning



You may simply sit on the couch and focus on controlled breathing.
Or else, you may also take up meditation.





#2

Eat more mindfully



Try to slow down

Make your own food

pick out a healthier diet with a variety of flavors, colors, or textures

Eat purposefully

take time to mindfully chew and appreciate even to each bite

#3

Spend a little time outside



- Take a walk around your neighborhood
- have some nice trails, parks, or green spaces
- get in touch with nature and connect with the present moment
- observe what you see during your walk – how the weather feels, what you hear, and what you smell





#4

Meditate



Meditation is the art of mindfulness.

- Take your time connecting with your mind. ●
- Take some time to practice controlled breathing ●
- Shut out all of the distractions ●



#5

Feel the Feelings



- It sometimes may include the feelings of joy
- At times, you simply have to accept unpleasant emotions – disappointment, sadness, anger, jealousy, etc. – as a part of the moment, as what they are





About Us



The Larana Wellness Center is a private counseling center offering individual, safe, and non-judgmental counseling sessions.

Our services cover a wide range of issues related to grief, stress, anxiety, depression, grief, anger management, and career guidance.



Our Team



We have highly qualified and committed coaches to help clients with their needs and empower them to make a positive difference in their lives through the sessions.

Book your appointment now

www.rbsudha.com





Our office



102 shyam
vihar,Secunderabad,India

Our operating hours



(by appointment only)
Monday – Thursday | 10:00am – 5:00pm



Thank You

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