

Take a minute to be mindful



The Caraday Way

Mindful and healthy living is a value found in every Caraday community— it's the Caraday Way.

"Ensuring residents are comfortable, safe, and having a good quality of life through positive activities and positive environment is very important to me."

Yolanda Tharbs
Caraday TLC West
Temple, TX

Getting older means a lot of changes to your physical health. However, it is just as important to consider your mental wellbeing as well. A wide variety of emotions can be treated and channeled with mindfulness. Practicing mindful meditation has numerous health benefits for older adults, including better focus, lower stress levels, improved sleep, and enhanced sense of calm.

Mindfulness is focused on living your life in the present and not worrying about the past or planning for the future. Practicing mindfulness does not need to be another "To Do" on your list but can be done anytime, anywhere. So, take a few minutes—or an hour—to cultivate presence and awareness. Start by following these simple exercises:

Mindful Breathing

Find somewhere comfortable to either sit or lie and focus your attention on your body and breaths. Pay special attention to your breaths as you inhale and exhale slowly. Take note of any thoughts or tension you have and release it.

Mindful Yoga

Amongst many things, yoga is excellent for mobility, increasing balance, and self-awareness. So much of yoga is focused on listening to your body and being aware of your thoughts and emotions. As such, practicing yoga will help you connect to your environment, community, and world around you.

So how do I do it?

- **Set a time limit.** Don't expect too much of yourself the first time around. If you are just beginning to practice mindfulness, it can be helpful to start with a small period of time to see what you are comfortable with.
- **Find a place that's yours.** When you are practicing mindfulness, it is important to feel comfortable and be in a location where you won't be interrupted. Find a location either at your house, in a park, or in a library where it is quiet and you can focus on yourself.
- **Be kind to your wandering mind.** Don't judge yourself if you cannot escape your thoughts or don't feel you are doing it right. Mindfulness is different for everyone and takes time to get right. Just refocus and be present.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com