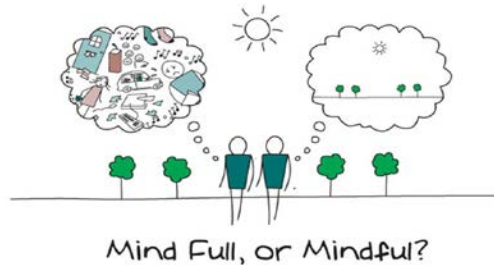


The Power of Mindfulness: What you practice grows stronger

Whatever you practice gets stronger. Nature has very beautifully crafted our mind



and given entire power to our mind to control this body through our thoughts. In this current situation our mind is full of information that is just ruining our emotional health. We might get better in physical health but mental health might be affected due to unexpected changed situations that we are facing daily. Just follow few simple tasks and keep yourself healthy.

- Practice mindfulness by focusing on your breathing pattern. Initially, your mind will divert on other thoughts. Let it happen and pull your attention back to your breathing pattern. By this exercise, you are practicing an alignment between mind and body.
- Practice acceptance by accommodating whatever thought arises in your mind each moment. It involves being kind and forgiving towards yourself.
- Show gratitude to everything around you. Each object around you is of some help to you. Practice of gratitude will help you be aware that absence of any object or living being around you, transmits its importance in your life. Show gratitude by just saying “THANK YOU” in your mind. Remember, your mind has a frequency to carry your feelings.
- Show your affection to your plants. Nature is a beautiful source to show your gratitude.

None of your thoughts are in vain. All your thoughts are finally your creation and you will see them growing in future. So, remember what you practice.

With Best Wishes
 Health & Wellness Department
 Delhi Public School-Bopal, Ahmedabad