



When you find yourself feeling overwhelmed, stressed, or anxious, use these seven mindfulness techniques to reduce the negative emotions.

1. Catch and release.

Pay attention to your thoughts as much as possible. When you catch yourself thinking about something that creates anxiety, fear, or stress, deal with the issue and release the emotions.

Take action that is productive and positive and then release the thought.

If there isn't an action that you can take, release the thought and find a way to occupy the mind in a more positive way such as reading a book or getting involved in a project.

2. Deep breathing.

One of the body's automatic responses to stress, anxiety, and fear is to start breathing quicker and shallower. When you're feeling these emotions, change your breathing to slow and deep breathing. Making this simple change will help your mind and body release these negative emotions.

3. Mind Body Connection

Connect your mind and body by doing some focused movement like yoga, tai chi, or qigong.



4. Meditation and mantras

Using meditation and mantras are a quick ways to refocus, reframe, and revitalize. Meditation is excellent. If you can't get away for thirty minutes, mantras are also as impactful and simple. Repeat your mantra 108 times. Keep doing it until your negative thoughts or emotions clear. This is also a great way to shut off the mind when you're trying to fall asleep.

5. Talk with someone

Pick someone who will help you stay positive but who will also let you unload your fears. Using a timer is a great way to have these conversations without perseverating on fears and worries.

6. Detox with nature

Your body has several ways that it detoxes. Sweat and breathing are two of these detox methods. Get outside, hug a tree, talk to a plant, take a walk, or simply sit outside and listen to nature.

7. Productive activity

Last but not least is get active in something. Make your mind focus and work on something other than the current state of affairs.