

# Mindfulness

## Podcast Transcript

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Stress is an everyday part of our lives. This can be especially true for military families. How often do you head off to work, school or volunteer obligations with barely a breath to spare? And how often are you so focused on getting to the next task on your to-do list that you hardly pay attention to the one in front of you?

It's become normal to rush from one thing to the next without a second thought. But we don't realize the toll that stress takes on our overall well-being. Stress is associated with a number of health problems, such as heart disease, obesity, Type 2 diabetes and high blood pressure.

So how do we reset our physical and mental state and avoid the complications that come with stress? By practicing mindfulness.

Mindfulness is the state of active attention to what's happening in the present. It's about living in the moment and opening your mind to the experiences directly in front of you. Being mindful of your surroundings is an acknowledgement of that particular moment in time – not worrying about the future or dwelling on the past.

Being mindful has plenty of health benefits, too. It improves your memory, focus and concentration, gives your immunity a boost, and yes, even lowers those stress levels.

It all sounds easy enough, but how can you actively practice mindfulness? It's probably easier than you think.

Give yourself five minutes of quiet time every day. Focus on one task at a time. If your schedule is full of activities, try to take a break between each one to regain your focus. Disconnect from technology and tune in to the people and things around you. Connect with nature by gardening, taking a walk outside or just soaking up a bit of sunshine from your window or front porch. And if you find yourself in a stressful situation, take a few deep breaths to slow your heart rate and refocus.

Make time for mindfulness as a way to stay centered and focused in the moment. Your body and mind will thank you for it.

Visit [Military OneSource.mil](http://www.militaryonesource.mil) military life topics pages for more information about family relationships and mindfulness.

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