**5 Ways to Bring Mindfulness to Your Life and Reduce Stress**

Looking for more ways to bring mindfulness into your life and reduce stress? There are a lot of mindful activities and techniques you can add into your daily routine.

Let’s take a look at just 5 ways to bring mindfulness to your life and reduce stress…

**1. Practice mindful breathing**

Deep breathing is by far one of the most effective ways to bring mindfulness into your routine. There are several techniques you can use, but the simplest is to take five slow, deep breaths.

You’ll find it most effective if you breathe in through the nose, and out through the mouth.

**2. Start meditating**

Meditation isn’t for everyone. However, if you give it a try you might find you actually enjoy it. Meditating for just 5-10 minutes each day can bring down stress levels and help you to live in the present. You don’t need anything to get started. Look for guided meditation sessions online to help.

**3. Create a mindful morning routine**

Is mindfulness a part of your morning routine? If not, it should be!

Rather than waking up and checking your phone or watching the news, do something mindful like writing in your gratitude journal. Be aware of how that morning coffee tastes and how it feels as you slowly wake up.

**4. Practice mindful eating**

Many of the activities we do each day tend to be carried out on autopilot. That is, we aren’t aware we are doing them. Eating is often one of the things we do automatically.

When was the last time you enjoyed every mouthful of food? If you currently eat in front of the tv, stop and commit to mindful eating. Paying attention to your food also helps you to better identify when you are full. When you eat quickly, it can take a while for the brain to register you have had enough.

**5. Observe your thoughts and emotions**

Throughout the day, take five minutes to observe your thoughts and emotions. Sit in a quiet place and just see how you feel.

What thoughts are going through your mind? Don’t fight them, just observe. If they start to go down a negative path, bring them back to the present.