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## Mindfulness Anxiety

Do you ever go through your day and find that you can't remember whether you've: turned off the stove, locked the door, etc.?

Do you ever find yourself having a conversation with someone (or at least that's what you're supposed to be doing!) and at the end of the conversation you realize that you've hadn't heard much (or any!) or what the person has been saying?

Well there's a reason for that...

Have you ever heard of mindfulness?

Mindfulness doesn't refer to anything complex; rather, the simplest way to explain mindfulness is to say that it refers to the present moment. More importantly, it refers to paying attention to what is happening in the present moment.

As any anxiety sufferer you likely find yourself so immersed in your thoughts that you are not really paying attention to the present moment.

Getting better - at not getting lost in your thoughts - not missing out on all the neat things that the present moment has to offer can be accomplished in two simple ways:

1. by choosing to focus your attention on the present moment and really making a commitment in this regard  
and
2. bringing your attention back to the moment when it begins to drift.

I bring this suggestion up at this stage because I'm working on the assumption that you have already been working on the other suggestions/techniques shared in the newsletter. If you haven't been practicing the various suggestions in this newsletter then the activity won't be as meaningful for you, although it might be meaningful to a certain extent. If you haven't been doing the exercises, do not despair: it is never too late, you just have to roll up your sleeves and go back and review previous installments.

Today's suggestion can really complement the other material in this newsletter in a much more meaningful once you've done the other things suggested in the newsletter. I will

Page 1 of 2

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stop at this point and hope that you ponder the suggestions being made in today's installment.

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Page 2 of 2

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