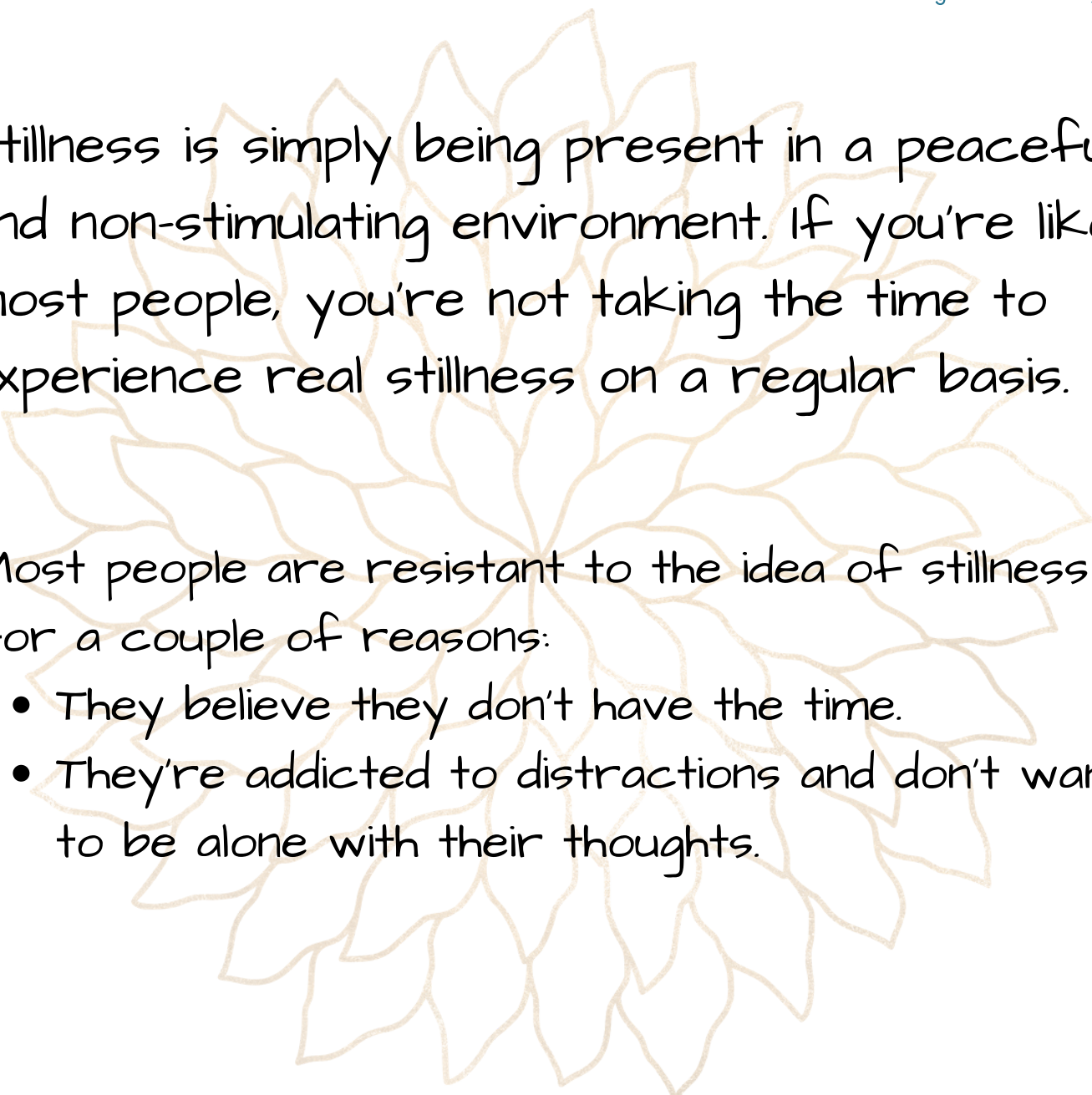


LEARN WHY YOU'LL WANT TO

Embrace Stillness and How to Do It

written by: Jennifer Peevey, LPC



Stillness is simply being present in a peaceful and non-stimulating environment. If you're like most people, you're not taking the time to experience real stillness on a regular basis.

Most people are resistant to the idea of stillness for a couple of reasons:

- They believe they don't have the time.
- They're addicted to distractions and don't want to be alone with their thoughts.



See why practicing stillness is worthy of your time:

A more accurate perspective.

When you're able to disengage for a few minutes, you can get away from your negative thoughts. You can step away from your life for a minute, and you have a better chance of seeing the truth. You're able to break away from your mental habits and experience increased clarity.

Your intuition can be heard.

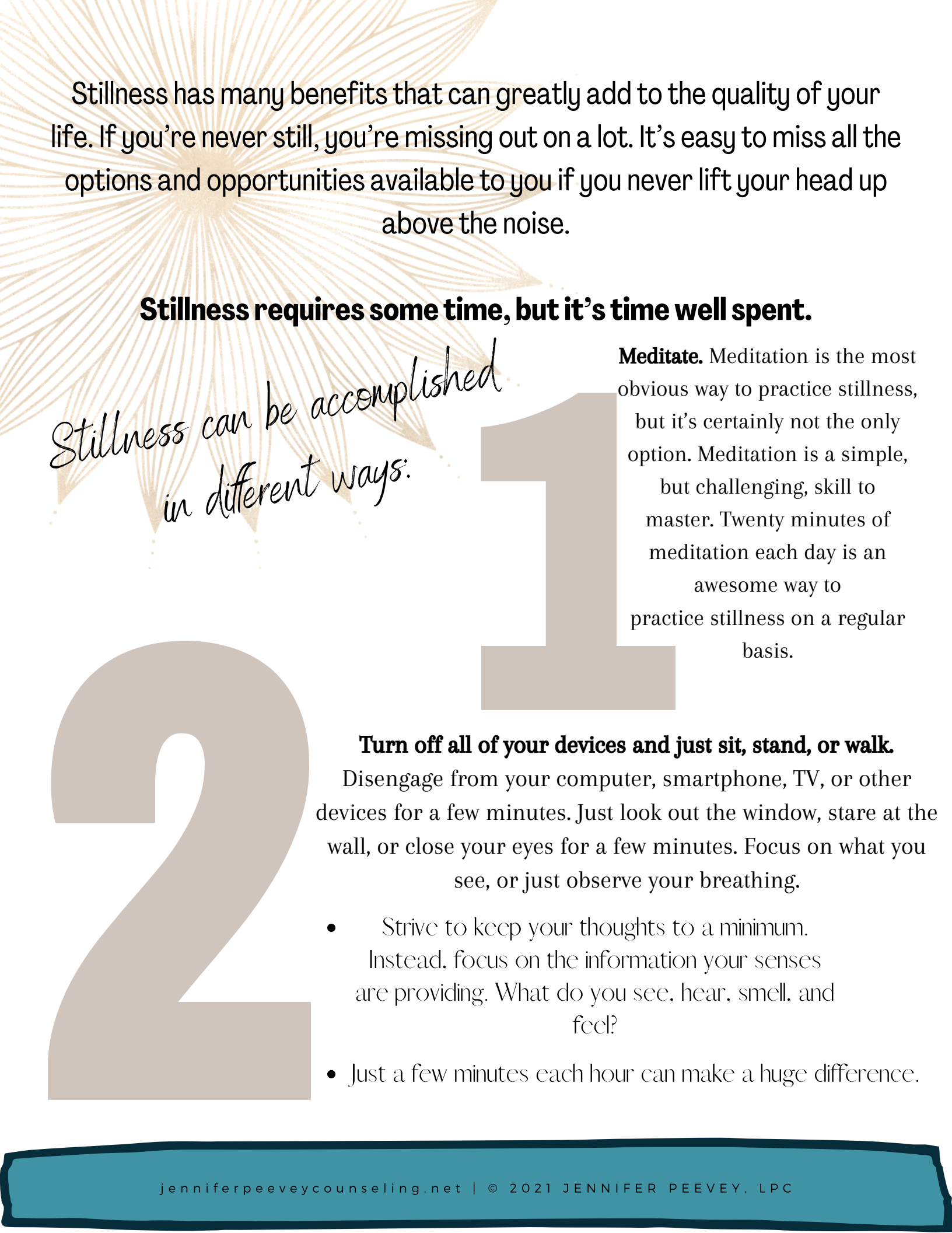
You can't hear your intuition if you're never still. It might be screaming at you, but you're completely oblivious to what it's trying to tell you. You become wiser if you experience stillness on a regular basis.

Less stress.

When your mind gets a break from your busy day, you experience less stress. Of course, this enhances your sleep and overall physical and mental health.

Enhances your self-awareness.

Stillness allows you to check in with yourself. You become more aware of your thoughts, aches and pains, and emotions. Instead of being engrossed in your habitual thoughts, you have the time and perspective to become more aware of yourself.



Stillness has many benefits that can greatly add to the quality of your life. If you're never still, you're missing out on a lot. It's easy to miss all the options and opportunities available to you if you never lift your head up above the noise.

Stillness requires some time, but it's time well spent.

Stillness can be accomplished in different ways:

Meditate. Meditation is the most obvious way to practice stillness, but it's certainly not the only option. Meditation is a simple, but challenging, skill to master. Twenty minutes of meditation each day is an awesome way to practice stillness on a regular basis.

Turn off all of your devices and just sit, stand, or walk.

Disengage from your computer, smartphone, TV, or other devices for a few minutes. Just look out the window, stare at the wall, or close your eyes for a few minutes. Focus on what you see, or just observe your breathing.

- Strive to keep your thoughts to a minimum. Instead, focus on the information your senses are providing. What do you see, hear, smell, and feel?
- Just a few minutes each hour can make a huge difference.

Spend time in nature. Cut yourself off from other people and anything manmade. Get out there with the trees, plants, and animals. Just enjoy your surroundings and give your brain a break for as much time as you can spare.

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Be mindful. Mindfulness can be practiced anywhere. You can be mindful on the subway or in a business meeting. Keep your thoughts and attention on what you're doing and your surroundings. Avoid daydreaming, thinking about the past or the future, or anything that isn't relevant to what you're doing in the moment.

An overly stimulating environment can prevent the experience of true stillness, but it can greatly turn down the impact of the activity happening around you.

Schedule a little stillness into your life each and every day.

It's that important.

You might believe you don't have time for stillness, but that's the ultimate sign that you desperately need it.

Be still each day for as much time as you can spare.

Your life will be changed in powerful ways.