

The Stylist You Envision

Practice Mindfulness:

Mindfulness is simply about living in the present moment. It is not going through your life on auto-pilot and it's not multi-tasking. Nor is it thinking about what else is on your to-do list while you have a Guest sitting in your chair. It is also not thinking about the past, nor the the future. It is truly about experiencing what is happening "Now."

As a "Creative Mind"... you may have a tendency to replay your day, focus on disappointment, or try to predict the future. You may assume the worst, expect perfection, or get disappointed before the next thing has even happened.

Take a moment to self-analyze how often you stop thinking about the past or the future, and instead consciously focus your attention on the here and now?

Mindfulness means you're giving your full mind to the present moment. There are many ways to practice mindfulness, and we will go over many of them here.

Mindfulness will have a powerful effect on your mind and your life. You will find that you have stronger emotional regulation, feel more at peace throughout the day, and enjoy yourself and your Guests more than ever before. It results in removing the over-emotional feelings that come with over self-analyzation.

Your self-compassion will be drastically improved when you begin to put mindfulness into your routine. Practicing mindfulness is helpful with self-compassion because it helps center you in reality and feel calm and accepting of everything around you, including yourself. Living your fullest life means taking each moment as comes. You can appreciate every moment and look for each lesson.



Mindfulness and You:

When you're truly mindful, you will find a new peace of mind that brings about calm throughout your life and your heart.



Mindfulness is simply turning your attention toward the present moment. You can do this by implementing some practices to help you bring your mind to a present state.

It's a good idea to make time each day to practice mindfulness. You can begin by working on doing your typical routines in a more mindful way.

Mindful Exercise:

For example, you can mindfully brush your teeth by taking your time instead of rushing through the task and letting your mind wander.

- Begin by getting your toothbrush wet and putting toothpaste on it. Notice your tube of toothpaste and the color of your toothbrush. You can do all of this without judging any of it as "good" or "bad."
- Begin brushing your teeth. Pay attention to the bristles on the brush. Notice the taste of the toothpaste and feel your teeth getting cleaner.
- Pay attention to any tension you're holding. Relax your shoulders and jaw. Loosen your grip on your toothbrush a little bit.

If you begin your day like this each morning, you'll begin to notice a change. This is an excellent way to start your day and a great way to implement mindfulness.

You can find many ways to practice mindfulness. There are many avenues toward compassion and awareness of the present moment. Try many activities to find ways that work for you to practice mindfulness.

Next time we explore more exercises to improve your Mindful skills...

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