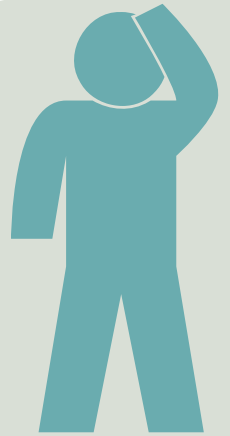


Calming the Monkey Mind; Finding Your Path to Wellbeing (easy as 1-2-3)

A monkey mind or 'busy mind' is a mind filled with many intrusive thoughts that can lead to confusion and unsettling feelings.

???



1.

Calm the Mind
with
Mindfulness



Learn to be in the present moment by becoming aware of your thoughts, feelings, bodily sensations, and the environment around you in a gentle and nurturing way.

3.

Your Walk to
Wellbeing



2.

Cultivate
Mindfulness
by Tuning Into
Your Body



The heart of mindfulness practice is using the breath as an anchor and focusing on your breathing.

Eat
Fuel your body and brain with regular meals that include fresh fruits and vegetables. Watch sugar, salt and fat. Hydrate with water.

Sleep

Remove toxins from the brain and encode memories. Plan for 7-9 hours in a quiet, dark, cool, and comfortable place after going through a routine to signal your body & brain that it is time for sleep.

**Mind-Body
Connection**

When the mind and body are connected you can recognize the struggle, as well as the causes of the struggle.

**Mind-Body
Practices**

Use techniques that strengthen the connection between the emotional, mental, and physical parts of the body.

Move

Physical activity benefits the body and the brain. Try "exercise snacks" of 10 minutes of movement. Think outside "the gym" and try fun activities in nature.



Meditation Music:

Relaxing Music for Stress Relief. Soothing Music for Meditation, Healing Therapy, Deep Sleeping

<https://youtu.be/nKHBIAdBvZ4>

Guided Meditations:

Daily Calm | 10 Minute Mindfulness Meditation | Be Present

<https://youtu.be/ZToicYcHIOU>

23 Minute Meditation to Calm an Overactive Mind / Reduce Anxiety and Worry / Mindful Movement

https://youtu.be/wi2Q_7C1OfM

Let Go & Relax 10 Min Guided Meditation

<https://youtu.be/uhkRjE3Ny84>



Movement Practices:

Chair Yoga Stretch for Beginners, Seniors & Everyone || 30 minutes

<https://www.youtube.com/watch?v=pciXaO4wtug>

Tai Chi for Beginners 01 “Tai Chi Fundamentals”

<https://youtu.be/oCnCSOWglUU>

Continued...



Eat

<https://www.integrativenutrition.com/blog/brain-supporting-food-and-snacks>

The brain in your head and the one in your gut are always exchanging info. But how do they do it? Neuroscientist Diego Bohórquez is trying to find out the answers.

<https://ideas.ted.com/a-scientist-explores-the-mysteries-of-the-gut-brain-connection/>

Sleep

One more reason to get a good night's sleep. The brain uses a quarter of the body's entire energy supply, yet only accounts for about two percent of the body's mass. So how does this unique organ receive and, perhaps more importantly, rid itself of vital nutrients? New research suggests it has to do with sleep.

https://www.ted.com/talks/jeff_iliff_one_more_reason_to_get_a_good_night_s_sleep

Sleep is your superpower. Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code -- as well as some helpful tips for getting some shut-eye.

https://www.ted.com/talks/matt_walker_sleep_is_your_superpower

Move

<https://ideas.ted.com/why-your-brain-needs-you-to-exercise-plus-3-easy-ways-to-work-out-at-home/amp/>

The brain-changing benefits of exercise. What's the most transformative thing that you can do for your brain today? Exercise! says neuroscientist Wendy Suzuki. Get inspired to go to the gym as Suzuki discusses the science of how working out boosts your mood and memory -- and protects your brain against neurodegenerative diseases like Alzheimer's.

https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise

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