

Cognitive behavioral therapy or CBT is a psychotherapeutic intervention.

This combines mindfulness with approaches to changing your thinking: such as thought challenging and hypothesis testing.

Start by breathing correctly to engage your 'rest and digest' system.

Pay attention to your senses.

Perform a 'body scan' to bring your attention inward.

Count your breaths to focus your mind.

Now let your mind wander. But don't engage with those thoughts!

How to Use Mindfulness Meditation

# Mindfulness

The Law of Attraction

As you learn to be less stressed and more confident, your life will change.

'Like attracts like'. This means that people will gravitate towards people who are positive. It means people who are confident will get considered for more jobs.

Cognitive Behavioral Therapy

What is Mindfulness

Mindfulness simply means being more aware of your own thoughts.

This can be practiced as a form of meditation but it is also something you can carry with you through the day.

Learn to have more gratitude, to engage less with negative emotions and to focus yourself when necessary.

Your Interpretation Trumps Reality

Your focus and your interpretation of events is what defines your biological response. If you think you are in danger, then your body will go into fight or flight.

Likewise, you can be in a beautiful, happy place but be very stressed if all you focus on is the troubles at work that you should have left behind.

This is why it's so important to be mindful!