



Ghalia Khaldi: Being Mindful in a Mindless time



Ghalia Khaldi is a Yoga and Pilates Instructor and founder of Sakura Wellness Retreat. Explore mindfulness practices and discover what mindfulness is, what the challenges can be and what the benefits are.

TOP EMBODIMENT TIP: Start your day with taking one deep breath while mentally singing the ABC. You can go fast or you can go slow depending on the length of your breath, but it's joyful, it's playful and it's mindful.

What Is Mindfulness:

- **The practice of being attentive and aware of how we react to everything around us.**
- An opportunity to explore different perspectives. What would it look like if you were being mindful? Go deeper - what does it *feel* like to be mindful? What are the emotions and sensations?
- **The essence of mindfulness is presence.**
- Explore a sense of newness and joy in what you are doing and seeing - what would it be like if you were experiencing this for the first time?

Challenges To Mindfulness:

- **Multitasking: It is inefficient and lacks focus** - the brain is not actually able to do more than 1 thing at a time.
- Scattered priorities: Prioritising tasks or goals helps to organise the day.
- **Lack of self discipline:** Discipline is needed for growth and health.
- Old beliefs and attachment to old beliefs: The perception is, "*better the devil you know*".
- **Living in the past/future and lack of curiosity.**
- Journaling can be helpful to address some of these, as well as having reminders (phone, notes, every traffic light you see, etc). **Mindfulness takes effort at the beginning. It isn't difficult, we just need to remember to do it.**

Why Is It Important To Be Mindful?

- The benefits of mindfulness include **better brain functioning**, reduced stress, increased productivity, improved attention and focus, increased clarity in thinking and perception and lower anxiety levels.
- **The connection between memory and mindfulness** is that the more the senses are stimulated the more you are fully engaged and present, the more likely things will be stored and easy to recall.

Resources

- ❖ **Website:** sakurawellnessretreat.com
- ❖ **Social:** [flowwithgee](#); [flowwithgee](#)
- ❖ **References:** Eckhart Tolle, [100wholedays](#); Real Change.

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