

# Taking Care of our Mental Wellness

By Trina Markusson : Speaker/Author/Mindfulness Coach

We know the importance of taking care of our physical bodies, eating nutritious food, and exercising daily to stay healthy and strong. But how many of us take some time every day to care for our mind and our emotional health?

We can do this by creating a daily mental health routine, to nurture and grow our ability to deal effectively with daily stress and difficult emotions when they arise. Two very effective techniques to empower people to have control over how they feel are Mindfulness and EFT Tapping.

Mindfulness is the practice of paying attention to the present moment, to think about what we are doing as we do it. It sounds easy, but may be one of the most difficult things we do. Have you ever driven somewhere and didn't remember the trip? Have you ever eaten a plate of food and when you looked down, it was gone? Many people may go about their day lost in thought, caught in past thoughts where they relive stressful events and situations. Another place that takes our attention away from the present moment is when we focus on future thoughts, where we think about things that haven't even happened yet. The future thoughts that cause the most suffering is when we worry. Worry serves no purpose, but to create stress. And when we worry, we also negatively "What-if" about what may happen. "What if this happens? What if this happens?"

People tend to blame a lot of outer things for causing their stress, like their job, a family member or even a specific life situation. But what actually begins the stress response in our body is **our thoughts** about the situation or event. Our body reacts to every single thought we think. When we are thinking about something that made us feel angry, our body registers the same anger. When we are thinking about something that makes us feel sad, our body feels the same sadness. When we worry in our mind, our body feels the anxiety and fear. Our heart rate may increase, our muscles may tense up and we may even feel pressure in our head. These symptoms are all caused by the thoughts we think.

Mindfulness helps us to train our brain to be fully in the present moment where a high percentage of the time, everything is all right. Mindfulness helps us to become aware of our thoughts and the way we are feeling so we can consciously choose a better feeling thought instead of being caught in it, therefore bringing more ease into the body.

Tapping is another powerful technique that can be part of a daily mental health routine. It helps to decrease the intensity of difficult emotions and limiting beliefs that may be holding us back from living our best life. Related to acupuncture, tapping involves using our fingertips to apply pressure or “tap” on specific points on the body. Simply stimulating these points sends a signal to the amygdala (the stress center of the brain) to calm down. Cortisol, the stress hormone, stops being released into the body and you begin to feel more relaxed and calm. This easy to learn wellness tool is a very effective way to feel better fast and is gaining momentum as the go-to technique for reducing stress.

But knowing the concepts of Mindfulness and Tapping isn’t enough and there has to be a **regular, sustained practice** to support the ability to self-regulate. Over time, in only minutes per day, we can begin to train our brain for focus and greater awareness to spend more time in the precious present moment, with less stress in our body and in our mind.

Having a mental health routine is as important as brushing our teeth in the morning. Pairing it with a routine that we already have keeps the practice alive and brings benefits to our body and mind. Parents can begin a daily mental health routine with their children, so they too can learn useful tools to deal with the stress that they feel and build resilience for when difficult situations arise. With the help of the Release App, teachers can build it right into the daily classroom routine, to not only benefit their students, but to benefit their own mental wellness.

We may not have control over what is happening in the world, but we do have control over the thoughts we think and the way we feel.

Begin a mental health routine today or join me for the **Free 10-Day Mental Wellness Challenge** where you will receive daily videos and access to guided audios to support your mental wellness! March 14<sup>th</sup> - 24<sup>th</sup>

Click on the link to watch a video with more details and to register for this valuable event! **Note: Check your junk mail after registering as emails often get caught in there!**

<https://present-moment-living.newzenler.com/courses/10-day-adult-teen-mental-wellness-challenge>

Or try the Release App for free at home or in your classroom by clicking here!

[www.thereleaseapp.com](http://www.thereleaseapp.com)

**Trina Markusson is a teacher/speaker in Saskatchewan, the author of the children's mindfulness book "Good Morning Sunshine! A story of Mindfulness" and the creator of the mental health app "Release" for adults, teens and children, which uses guided Mindfulness and Tapping exercises to promote resilience. She is also the host of the 10-Day Worldwide Classroom Mindfulness Challenge for K-12 students!**

Visit [www.presentmomentliving.ca](http://www.presentmomentliving.ca) to learn more about a special school package for students, staff and parents.