



THE LINK BETWEEN MINDFULNESS AND BETTER FOCUS

212-Careers

When you were a child and you earned your parents' disappointment, they may have told you to think about what you had done. There was no doubt a speech and possibly some form of punishment. Losing TV privileges for a week or being confined to your room was intended to give you plenty of time to ruminate about your misdeed.

Through this, your parents taught you to be mindful. They unintentionally introduced you to a form of meditation that can be traced back thousands of years. Mindfulness is such a powerful focus builder that it can help you unlock your potential and be more productive in all areas of your life.

What Is Mindfulness and How Does It Help You Focus?

The Oxford Languages dictionary gives us the following definitions of "mindful."

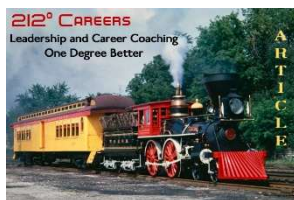
Mindful – 1. Conscious or aware of something. 2. Focusing one's awareness on the present moment, especially as a part of a therapeutic or meditative technique.

If you get up in the middle of the night to answer the call of nature, and you have been in your present home for many years, you can probably walk blindfolded to and from your bathroom. You are still half asleep but are so intimately familiar with your environment that you don't have to be consciously mindful of every step you take.

Your awareness is supercharged when you find yourself in a new and unfamiliar setting. Your senses kick in and start appraising your environment. You are very mindful of what's going on around you. You unconsciously and automatically understand that you might create a negative experience without focusing on these strange surroundings. This explains the link between mindfulness and focus.

Who knows what could happen if you aren't mindful of your current moment? Being consciously aware of the present moment automatically heightens your level of focus. You can focus on your surroundings and experience, appraise the situation, and then act in a way that leads to the best result.

If you find it difficult to focus, start being more mindful. Consciously take stock of your situation. What are your five senses telling you? Be aware of what's happening. Aside from being a stress-relieving meditative practice, mindfulness makes it easier to focus your thoughts and energy toward a positive experience.



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