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Mindfulness, Health & Happiness, Calm Community, Calm News Without a doubt, many of us are feeling anxious as we navigate the uncertainty of COVID-19. We're feeling it too, and we wanted to share some of the tools we're using to take care of our minds and stay grounded.

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The hopeless book-lovers that we are, we tend to turn to books as a solution for pretty much everything. ... The Miracle of Mindfulness by Thich Nhat Hanh. ... and if you're looking for a book ...

9 Books That'll Help You Relax And Get Rid Of Some

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Anxiety

Once you have a chance to listen to the new Sleep Story I wrote about my time on Ahe, The Black Pearls of Tahiti, then you might hear (if you're not already asleep) the scene where I describe going out on the lagoon in a silver, flat-bottomed jon boat. I wrote about the men who work on the farm and how they free-dive meters below the lagoon's surface to where the oysters are grown, kept ...

The Black Pearls of Tahiti — Calm Blog

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BARGAIN BOOKS - Mindfulness & Calm Postcard Book - Paper Plus

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You take 5 seconds to breathe in, then hold your breath for 2 seconds and lastly, release air in 5 seconds too. This, obviously, takes 12 seconds in total, and you do this mindfulness exercise for at least 5 minutes. All while you pay attention to the way, air moves in and out of your lungs.

9 Simple Mindfulness Exercises to Calm Your Mind

Mindfulness meditation has been scientifically shown to get at the root of the problem of stress: our brain's over-active tendency to see potential disaster everywhere we look. 1 When we sit mindfully, we become aware of the constant sense of urgency and discontent in our mind. What's revolutionary about meditation is that instead of feeding this stress by doing more or speeding up, we do ...

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8 Mindfulness Exercises That Will Calm You Down Instantly None None. You know how it feels when stress starts to infect you from the outside in—you might tense up, your stomach may hurt, or you might even find yourself feeling totally numb. One of the most helpful actions you can take in the moment is to pause, evaluate your mental state, and pull yourself out of a heightened state of ...

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