

# MINDFUL MARCH THE ART OF BEING MINDFUL

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Given all of the “noise” that each of us takes in on any given day, whether it be the news, Facebook, or around the internet; we are each bombarded with information that would have been inconceivable just one generation ago. My 20-year-old son asked me some years ago, “So you had NO internet when you were a kid?”

All of this information readily available can be wonderful, but also overwhelming. For those who wish to try meditation but don't know where to start (I have been there), there is a terrific app called Headspace<sup>1</sup> you should look into - it has guided meditations to get you started. Meditation is known as one of the few non-prescription ways to reduce blood pressure<sup>2</sup>. Happy breathing!

<sup>1</sup> <https://www.headspace.com/headspace-meditation-app>

<sup>2</sup> <https://www.verywellhealth.com/meditation-for-high-blood-pressure-can-it-help-89622>

I am always looking to challenge myself. One area that I continually work on is my mental health and how it can help me become my best self. I try and do “constructive rest” or meditative type breathing 1-2 times per day - preferably first thing in the morning and after my daughter goes to sleep at night. This helps me prepare my mind for the day and relax my mind and body at night. I started doing my breathing routine 5+ years ago and I can definitely tell a difference.

I spent the bulk of my 20's getting my body to relax through physical exertion, but finding peace and calming through meditative breathing in my 30's has been huge. It certainly helps that I married a massage therapist and have learned many “tools” that I can incorporate toward being mindful in my everyday life. Going on a walk, taking in nature, practicing yoga, or enjoying a warm beverage in a quiet coffee shop – these are all outlets to find harmony in an interesting world!



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