Build on Your Gratitude Habit

Why it matters

Realize that people who have a healthy gratitude practice tend to get more out of life. Gratitude helps increase resilience, improve health, and reduce stress by retraining the brain to focus on positive experiences and people. Gratitude changes how we feel in the moment and helps us to better manage stress. A study recently found that people who practice gratitude are happier and healthier. Gratitude helps you be more focused and productive by increasing your energy and better problem-solving skills.

Gratitude Challenge

This week, try one or more of these simple gratitude exercises.

1. Find an opportunity to express gratitude for both those expressing it and the one receiving it.
2. Create a gratitude letter to a teacher, employee, or friend.
3. Express your gratitude in writing. You can send emails or post letters to those you feel grateful for.

Start small

Find an appreciation postcard or small gift to show your appreciation to those who have shared a moment with you. It will show your appreciation for both those expressing it and the one receiving it.

Why you should practice Pranayama every day

Pranayama, a Sanskrit word which means ‘master key of life force’, is a practice that gives energy to every cell of our body.

The practice of Pranayama may come in various forms that include regular breathing, Akasha Pranayama that initiates the practice of focused breathing, Pranayama with attention to the body parts. This means that when you practice Pranayama even an organ of your body can benefit from it.

1. Pranayama is known to be a purifier as it increases oxygen supply in the body. Pranayama is known to affect our overall well-being. There are many health and wellness practitioners that recommend the practice of Pranayama to overcome stress.
2. Many have discovered yoga for its anxiety control practice. However, Pranayama is a practice that can help improve physical fitness. Some researchers are looking at ways to keep the body and mind in optimal condition.
3. Pranayama also builds mental health and ability to concentrate, improve memory and attention.

5 ways to protect eyes while wearing masks

Wearing a face mask has become a part of our daily life. However, wearing masks for a long time can cause eye irritation and dryness. As the mask covers the nose and mouth, this can make it hard to wear your natural eyeliner, mascara or any other eye makeup.

What does it do to our eyes?

The eye is connected to the brain through the optic nerve, which is responsible for our vision. When we close our eyes, we get a break from the sensory overload of looking at the world around us. This can help to reduce eye strain by allowing our eyes to rest.

How to protect our eyes

1. Wear mask of breathable material
2. Avoid touching your eyes
3. Apply warm compress

Why should you practice Pranayama?

Pranayama helps improve the intensity at which our minds operate as it increases our awareness towards our breathing and mental balance.

4. Pranayama is good for those who wish to lose weight. It is because it helps you in losing control at your body, where you start practicing Pranayama your new foods decreases it starts eliminating the calories in your body. When our body is in a tired state, we tend to eat unhealthy foods. Practicing Pranayama increases our awareness towards the food that we eat.

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Pranayama is a great way to develop a healthy lifestyle and increase your overall well-being. If you incorporate it into your daily routine, you will experience a significant improvement in your health and well-being.

For more information on how to practice Pranayama, please visit our website at www.pranayama.com.