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Humanities

5/7/2014

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Mindfulness

Mindfulness is a state of mind where you experience flow and happiness. Researchers say mindfulness “*unlike other forms of treatment, mindfulness can make you think about the underlying causes of overeating—like craving, stress, and emotional eating—which makes it so hard to defeat.”* (“Suttie”). Mindfulness can be experienced through meditation. Meditation is just an activity involving someone sitting down and simply breathing in silence.

Mindfulness can be found to help you during your day to be more self-conscious about what you eat. People who are mindfully eating can have a better and healthier diet. Researchers say “*Foods that have a source of calcium, chromium, or Folate can make a person happier*” (Dangerfield). Mindlessness is like when you go somewhere and forgot why you were there which is why teens need mindfulness because they could start forgetting about their school work and assignments. While teens are mindful they can watch what they eat and become happier and healthier people.

I felt like I was stressed out all the time and worried about certain things during my day. Mindfulness gave me the chance to feel better and less stressed out. I came across mindfulness reading an article called “Mindfulness” and it talked about meditation and different techniques of meditation. Once I tried meditation I didn’t feel so stressed and it helped me get through the day.

Work cited

Dangerfield, Maya. "*10 Nutrients Scientifically Proven to Make You Feel Awesome.*" . “*Greatist”*, 31 Dec. 2013. Web. 6 May 2014.

Suttie, Jill. "*Better Eating through Mindfulness*." . “*Greater Good*”, 27 June 2012. Web. 6 May 2014.