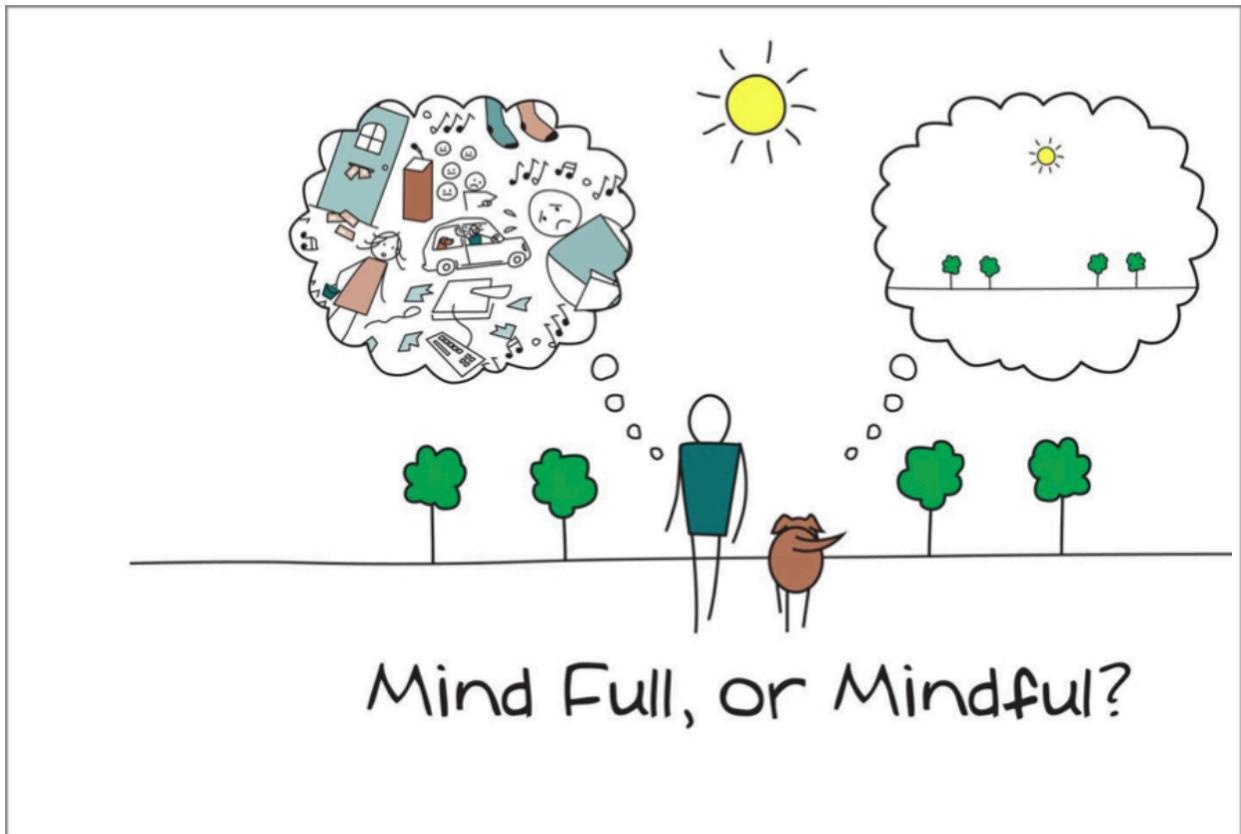


# Mindfulness



As the world came to a very inevitable moment, the COVID-19 pandemic caused a lot of stress and anxiety in every one of us. The worry of getting infected by a dangerous virus, having to wear a mask at all times, ensuring a safe distance with other people has become the new normal. Taking measures to make sure our stress levels are at bay has been an important part of our everyday lives.

Practicing mindfulness is a great way to combat our fears and worries.

The following are handy bits of information regarding mindfulness. There is a link that will talk about the benefits of mindfulness, a TED Talk, and mindfulness in times of COVID-19. An application is also available in the links for those who wanted to try practicing mindfulness called Headspace.

### **About Seniors Matter and the benefits of Mindfulness**

It is an online community committed to sharing the most up-to-date and useful information regarding senior caregiving. Seniors Matter is a good resource to have if you want to explore and know more services and other materials about older adults although they claim that they are not medical professionals but are committed to providing valuable and verified facts. They also cover a wide range of topics from hiring and employing caregivers to product reviews. [Seniors Matter](#).

### **Mindfulness Application**

Headspace is an application where people who want to practice meditation can use it. It is helpful for beginners who would like to try meditation and incorporate mindfulness in their everyday life. The application is easy-to-use and is free. You can download the app on the App Store for Apple users and Google Play for Android users. [Headspace](#)

## **Video on Mindfulness**

This is a great Ted Talk by Andy Puddicombe talking about how just 10 minutes of your time per day to just be alone with your thoughts can refresh your mind and rid yourself of the distractions, stress and anxiety in life that occupy so much of our thoughts that we often forget what is most important in our lives. [TED Talks](#)

## **Mindfulness During COVID-19**

This article by Yale University experts is an excellent source of information explaining how Mindfulness (a form of meditation) can help people cope with the many stresses and anxieties in life and especially during Covid-19. [Article](#)

