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Day 17 Wellness

I love meditation and yoga and I try to do it as often as I can!! I also do a chakra balance session at least two times a month. Today I decided to slow everything down. I walked slower between classes, I ate lunch slower and I just thought more on how I was living my life. I also paid more attention to what I was eating and limited myself more (no carbonated drinks and a minimal amount of carbs). I did my meditation routine that I haven't done for a while and really checked in on how my body was doing.

I noticed I felt better about myself more at peace and connected. I wasn't as tense as usual and it was super nice. Before I really started to pay attention I was basically running everywhere. I felt all wound up and full of anxiety a lot of the time. I just wasn't remembering my routine and falling behind on looking after myself. Today reminded me that I need to get back to my healthy habits and pay attention to myself more. Homework will be there still even if I take an hour and go for a run or a walk.

It felt so good to meditate again today and I felt all of my worries slip away for a while. I had some trouble finding my old breathing pattenen and all the different choices at the dinning halls makes staying healthy really hard. There will always be barriers blocking the path to mindfulness but focus and routine can help a lot, I will eventually just naturally go for water instead of the fountain sodas and just walk right past the dessert table. I think I did a really good job at keeping on track though which made me feel even better about today!

I decided to share some of my meditation tecniques with everyone else with a video I shared on the facebook page!!

<https://www.youtube.com/watch?v=4Dz-CwftXEQ>