



MINDFUL FOR HAPPY LIFE

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LIFE MANAGEMENT PROGRAM

Introduction to Mindful for Happy Life Management program

Life is an art but to create a masterpiece out of it, an individual would require life management skills. As a person gets older, he is often found unable or reluctant to give attention to his independent lifestyle due to the day to day problems and chores. The life management course actually helps individuals manage their lives and assists in making important decisions with knowledge.

The Life Management advisors work with individuals to make sure that all the needs of an individual are met to enjoy his/her life independently. Presently, the courses are adopted widely in schools to cultivate life management skills in children from a very young age because appropriate management of life is important for an effective and creative living.

What are the aspects that Life management course deals with?

The course deals with day to day issues namely nutrition and good food habits, coping with stress, substance abuse, improving self-confidence, cultivating self-esteem, educating effective parenting skills, enhanced communication skills,



decision making, goal setting and sexual self-discipline.

What are the trainings given under the course?

The course trains in the following qualities:

- How to be a powerful and effective happy human being.
- How to create a life worth living.
- Life progress and the choices that can be made to create a more satisfying life.
- Growing, solving, and self-developing.

What will be the result of the course?

Life management course helps in managing your life and encourages in creating the life you love. The course results in improved skills, good punctuality habits, increased wellness, reduced stress levels, and an overall improvement in your life can be seen visibly. The course helps one adopt the practices that can help in living life with more liveliness, enthusiasm, elegance and comfort.

Importance of Life Management Course in Modern World

The course is conducted for adults and as well as for children. For children the course is a necessity because it helps them learn about life and cope up with it from a very young age. That's why most of the schools are now adopting life management course as one of its fundamental subject. Have a look at the importance of life management course below.

- ***Importance of Life Management Course***
- ***Helps in choosing the life of your Choice***
- ***Better Life balance***
- ***Helps in controlling stress levels***
- ***Improved Health and Nutrition***
- ***Develops Positive Thoughts***
- ***Improved Decision making***
- ***Sexual self-discipline***
- ***Better Time management***
- ***Goal setting***



About us

Anurudhan Devadas
*Founder & Program coordinator,
Mindful for Happy Life*

‘Mindful for happy life’ of Anurudhan Devadas is an organization publishing multimedia library that focuses on Mindfulness of the Individual. Mindfulness is the mental state of mind of Individuals for focusing completely on the present moment, while evenly acknowledging and accepting feelings, opinions, and bodily sensations. ‘Mindful for happy life’ features some of the teaching and visions for our time, with participants from across the world.

Upholding the principles to Inspire, support, and serve personal transformation and spiritual awakening, we focus on creating awareness on Mindfulness interventions that can directly benefit

mental and physical health by improving immune system response, speeding healing, and persuading a sense of physical well-being. As the benefits of Mindfulness is gradually integrated into Medicine, Education and the Workplace.

‘Mindful for happy life’ is an independent multimedia publishing company that embraces arts and humanities, embodied by the leading authors, teachers, and visionary artists of our time. Our goal is not just to create Mindfulness necessitates few basic training and on-going practices, but to ensure to provide information to the readers or listeners through author, artist, or spiritual teacher on Mindfulness.

‘Mindful for happy life’ is committed to share mindfulness with people of all cultural and religious backgrounds, socio-economic classes, sexual orientations, gender identities, ethnicities, ages and levels of education. Our main intention is to support people in applying the quintessence of mindfulness or living wisdom to every aspect of daily life.



STRESS

There is no doubt about it that, today we live in a stressful and chaotic world with constant flows of activities, information, and people. We are hounded with external and internal pressures, dazed with information overload, forced to deliver more with less, longer working hours, and have very less personal time for renewal activities. And eventually what will be the result? Self-inflicted attention deficit disorder, depression, exhaustion, reduced health, lack of focus and burnout.

Discover not just how to reduce stress and strain, but how to reframe that very human experience!

Causes of stress

Stress is actually a common part of life. Everyone encounters stressful situations on an almost daily basis. For instance, you may feel stress when you go for an interview, take a test or run a race. These kinds of short-term stress are common. Long-term or chronic stress is caused by stressful events or situations that last over a long period of time, like conflicts in your family or problems at workplace.

General Causes of stress

- Life Changes**
- Financial Worries**
- Relationships**
- Work**
- Self-Generated**

Come and experience how our inspiring course can help you develop more physical, mental, and emotional resilience and well-being.

Methods to reduce Stress

Stressed? Whether it's a cranky boss, crazy deadline or mind-numbing commute, these remedies can help you reduce stress.

Practice mindfulness

Mindfulness is a state of active, intentional and open attention on the present. Becoming more aware of the present moment can help you enjoy the world around you and understand yourselves better. Practicing Mindfulness can strengthen your immune system, decrease pain, lower blood pressure, decrease depression and improves sleep.

Meditation

To reduce stress and anxiety, one can practice meditation as it brings the mind into a sense of consciousness and clarity. Meditation will give you a sense of calm, amity and balance that benefits your emotional well-being as well as your overall health.

Exercise

Exercise is well known as a stress buster. Managing stress and relieving the symptoms of work stress can be accomplished by having a regular exercise routine. Routine and consistent exercise



will not only alleviate stress, but also contribute to overall fitness and gives a feeling of well-being.

Deep breathing

Deep breathing relieves anxiety and stress due to its physiological effect on the nervous system. While breathing, stay calm and turn your awareness to your breath. Notice how deep, how fast and what it feels like throughout your physique as you inhale and exhale.

Is stress making you crazy? We at Mindfulforhappy life can hear you. Through our Mindfulness Based Stress Reduction (MBSR) programmes, we cultivate mindfulness in everyday life, easing stress and improving your health. Our 8-Week Course in MBSR is customized to fit individual circumstances. In our orientation session, we will review your objectives, health issues, stressors affecting you, and other factors to establish the best approach.

MINDFULNESS

What is Mindfulness

Mindfulness- Finding Peace in a Frantic and Crazy World!

Mindfulness is a mental state attained by focusing one's awareness completely on the present moment, while evenly acknowledging and accepting feelings, opinions, and bodily sensations.

Mindfulness is pervasive – a natural part of being human – that has been cultivated and practiced for about 2600 years in various traditions around the world. We may not always have full control over our lives, but with mindfulness we can work both with our minds and bodies, learning how to live with less anxiety and more appreciation.

Discover the benefits of knowing and reading your mind by attending one of our Mindfulness Programmes – that allows you to systematically and consciously work with your own stress, illness, pain, and the demands and challenges of everyday life.

Practical application of Mindfulness

In the last few years, the value of Mindfulness has grown significantly. With mindfulness entering mainstream culture in the form of courses, books, workshops and popular mobile apps, more and more people are interested in learning about this



powerful and applicable spiritual practice.

There are many simple ways where you can be more mindful. Here are a few suggestions on how to practically apply Mindfulness in your daily life.

Mindful breathing

Mindfulness of breathing is the most powerful and simple mindfulness practices. To begin mindful breathing, get into a comfortable position and relax your body. Take a few deep breaths, inhaling and exhaling either through the nose or

through the mouth, whichever feels more comfortable. Simply observe the incoming and outgoing breath and you will definitely enjoy this mind-calming exercise.

Mindfulness in nature

Spending more time in nature's magnificence is one of the most rewarding mindfulness practices. Go for a walk in a park, forest, or any other natural setting. Be present, take a few deep breaths and bring your awareness to your senses. Breathe the fresh air, listen to the sounds of the forest, feel the warmth of the sun on your skin, notice the colours, listen to the sound of a river or the crashing of ocean waves. Allow nature to teach you stillness, presence and aliveness.

Body awareness

Bringing your awareness to your body and body sensations is another powerful and practical application of mindfulness. This is a practice that grounds you in the present moment. By bringing your perception to your bodies, you will shift the focus of your attention from your thoughts to your felt experience in the body. Be fully present in your body, noticing any sensations that arise. Also, be aware of any emotions you may feel in the body – happiness, sadness, fear, joy, peace, etc.



Mindfulness with objects

Select an object such as a crystal, rock or any small object with an interesting texture or shape. Once you have selected an object, just hold it and observe it with your senses of touch, smell and sight. Feel the weight of the object, the density, the texture... and anything else that piques your interest. It is one of the effective ways of practicing Mindfulness.

Mindfulness of Sound

Another influential mindfulness exercise is to close your eyes and become very heedful of any sounds in your environment. Observe and experience all those sounds that arise in your consciousness. Any natural setting is ideal for this exercise; the ocean, lake, a river, a park or the forest would all be exceptional places to observe the richness and diversity of sound.

Want to practice mindfulness but not sure where to begin? Join [mindfulforhappy life](#) to explore how the practical application of Mindfulness in your daily life improves your health, happiness, and performance.

Mindful Eating

Are you planning to ditch dieting for good but not sure what to include as an alternative? Then, Mindful eating may be the answer you have been looking out for. Mindful eating is nothing but paying attention to our eating methodology.

There are diverse strategies to mindful eating, some entrenched in Zen and other forms of Buddhism, others being pinned up to yoga. Altogether, mindful eating refers to the knowledge of paying attention to eating habits.

What are the benefits of eating mindfully?

With mindful eating you will learn to pay attention to:

- Why you sense the need for eating,
- What are the emotions that are triggering the need for eating.
- What is on your plate and whether it is good for health or not.
- The presentation, aroma, taste and texture of the food you're eating.
- How satisfied or full you're before,

during and after eating.

- Your emotions while eating and after eating.
- Whether it was grown in an organic way, how much it must have been processed, how much it was fried or overcooked, etc.

How to eat mindfully?

Here are some of the tips and tricks to introduce mindfulness into your mealtime in an easy and accessible manner.

- **Know your hunger pangs**
- **Eat slower**
- **Savor the silence**
- **Silence the phone. Shut off the TV.**
- **Pay attention to the flavor**

And finally, while the focus becomes how you eat, not what you eat then you're practicing the mindful eating technique. Hope our above steps of mindful eating works for you!





SCIENCE OF MINDFULNESS

Mindfulness is nothing but the awareness of present experience with acceptance. It is a deceptively simple way of relating to the innards of our minds which has been effectively practiced to alleviate psychological suffering and enhance emotional well-being. The Science of Mindfulness shows you certain techniques that can fundamentally transform

Studies specify that mindfulness programmes can be effective in easing wide range of remarkable psychological difficulties that includes depression, anxiety, medical problems related to stress, addictions, interpersonal problems, eating disorders, and even the concerns relating to aging.

Introduction to Neuroscience & Neuroplasticity

Heal Your Brain With Meditation!! A plethora of studies have come up with researches supporting the fact that meditation can lead to neurological changes and improve brain structure. Researches state that a short period of eight weeks of mindfulness meditation practice brings notable changes in the brain regions that are associated with memory, sense of self, empathy, and stress. It is also found that every style of meditation practice shows different changes in the brain.

Below is a detailed report on how meditation improves neuroplasticity in the

brain regions.

How Meditation Enhances Neuroplasticity?

The brain change that takes place in response to experience is described as Neuroplasticity.

When the context of neuroplasticity is applied to meditation, it is suggested that meditation isn't different from other forms of mental training and induces higher neuroplastic changes in the brain within a shorter period of time.

The researchers have found that with regular meditation practice, neural networks in the medial prefrontal cortex are strengthened and alleviated. For instance, a research was conducted recently on the long term meditators. The MRI results showed the strengthening of the neural circuitry due to the repeated practice of focused meditation.

The Neuroplastic Changes with Regular Meditation

All the below researches prove that meditation induces significant Neuroplastic developments in the brain. Meditation alongside also reduces the stress levels accumulated in the brain and soothes the nerves.

Meditation experience is associated with increased cortical thickness

The recent researches have revealed that



the meditators who meditate on a regular basis had a thicker cortex than the non-meditators. Having a thicker cortex creates a major impact on the brain areas associated with interoception, attention, and sensory processing.

Long-term meditation is associated with increased gray matter density in the brain stem

The researchers have found the long-term meditators to have structural differences in areas of the brainstem than the non-meditators that are known to be associated with the mechanisms of cardiorespiratory control.

Long-term meditation results in larger hippocampus and frontal volumes of gray matter

Another study involved long-term meditators into a research. The findings state the meditators had higher gray matter sizes than non-meditators in the brain areas that are related with emotional regulation and response control (the right orbito-frontal cortex and the right hippocampus).

Meditation practice leads to increases in regional brain gray matter density

In an 8-week Mindfulness-Based Stress Reduction programme the hippocampus was compared with a control group resulted in an increased grey matter in the left hippocampus which is the brain area that is strongly associated with learning and memory.

Mechanisms of white matter changes induced by meditation

An interesting research was conducted using Diffusion Tensor Imaging (DTI) to show the impact of meditation practice on the connections between brain areas. After 4weeks of meditation the changes in the white matter took place which is strongly associated in interconnecting the brain

areas. Interestingly, these changes took place in the anterior cingulate cortex, a part of the brain which contributes to self-regulation.

Meditate to protect your brain!!

How Mindfulness can give Happiness

Want to be happier? Begin mindfulness practices today!!

Mindfulness is a key skill for happiness. Mindfulness is an effective mental technique that helps one stay aware and attentive in the present moment. The technique originated 2,500-years ago from the Buddhist meditative practices. It has been proved that mindfulness practice can improve the quality of life and make one feel happier. Currently the mindfulness technique is being adopted in many schools, hospitals, sport teams and in many more places to cultivate the sense of mindfulness.

Mindfulness can make you happier by making the below improvements in your life

- Improves stronger focus and concentration.
- Reduces tension, anxiety, and stress levels.
- Assists in kicking out self-defeating

behaviors.

- Lowers blood pressure and cholesterol levels.
- Greater creativity and improved performance in daily life.
- Increased self-understanding, self-esteem and self-acceptance.
- More joy, love, and spontaneity.
- Deep sense of meaning and purpose.



HAPPINESS PROGRAM

Simple Mindfulness Techniques that will make you a Happier Person

These Mindfulness techniques for sure will help you to become a better and happier person. These techniques are wonderful tools which will help one be happy, calm, and focused in any situation, and also improves your overall quality of life. So don't miss to try them right away.

Practice a Breathing Exercise

This is an easiest way to initiate the power of mindfulness into our daily life. It comprises a brief and simple meditation practice. All that you have to do is to sit in silence and focus on your breath as it moves in and out of your lungs. Do the technique

without forcing your breath.

Establish Mindfulness Triggers

You can also set up some mindfulness triggers, in order to continuously remind you to be relaxed throughout the day. For example, when your phone rings, take a deep breath in prior to answering the call, and keep yourself fully focused on what the other person is speaking without any multitasking. This is also an easy way of practicing mindfulness.

Spend Time with Nature

This is another easy and pleasant technique of practicing mindfulness that can lend a major part in helping



us to be a happier person. Take a walk in your garden or park or any place which is filled with nature's settings. Observe the surroundings and immerse yourselves in the pleasant environment. While practicing this mindfulness technique don't answer any phone calls, and also avoid the urge to check your smartphone. Just keep yourself mindful of the nature's sounds and earn the benefits of this wonderful technique to the fullest.

Don't go in the pursuit of happiness instead search it in yourself with mindfulness!!

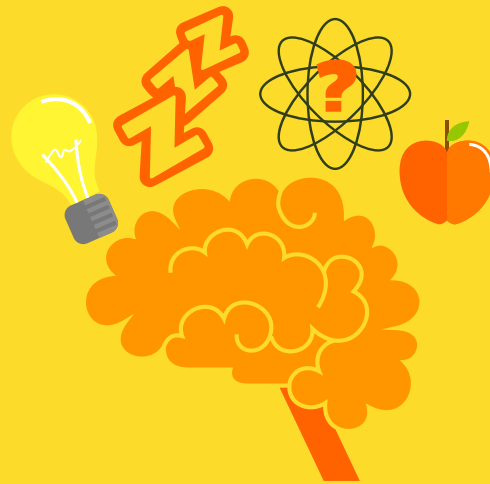
How to live mindfully

Here are a few basic ways to cultivate to live mindfully:

1. Eat Nourishing Food
2. Get a Lot of Rest
3. Connect to Your Spirit
4. Learn to Let Go

The idea behind mindfulness technique is to cut down stress and increase happiness in everything holding from our relationships to our experience. Many people who start practicing mindfulness report improvements in mood, decreased stress levels and a happier inner self.

Life is meant to be lived start living it mindfully!!



CONTACT US

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