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Mindfulness En Espa Ol Descongestiona
Mindfulness is the awareness of moment-to-moment thoughts, feelings, and bodily sensations, and the practice of accepting these experiences without judging or reacting to them. Backed by

...

Counting sheep and still awake? Mindfulness therapy may help bring on the zzz's
As the Tokyo Paralympics kick off today, watch how Paratriathlete Hailey Danz has prepared for her second tour of the games, using mindfulness to meet her training goals. She does this with the ...

Mindfulness keeps this Paralympic athlete focused and ready for competition
If you start feeling anxious or overwhelmed at rules changing, return to things that centre you: maybe it's mindfulness, a calming craft activity, or something as simple as sticking to a routine.

5 things to remember if you're feeling anxious about restrictions easing
I take my time because I know that as soon as I step out, it's back to mommy time." Taylor also relies on mindfulness practices and creative pursuits to keep her calm. "I'm heavy on meditating," she ...

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The Self-Care Practices Teyana Taylor Relies On to Keep Cool Among the Chaos

There are hundreds of apps offering immediate access to mindfulness exercises, mood tracking, mental health education, specific therapy skills, biofeedback, and more. Each can potentially be ...

Should Your Company Provide Mental Health Apps to Employees?

Haitian National Police have detained two suspects and killed four others connected to the assassination, Edmond told CNN en Español late Wednesday. "We are trying to move forward and see how we ...

Haiti President Jovenel Moise assassinated in attack on his residence

The office of communication of the presidency of Paraguay confirmed to CNN en Español that the first lady, her parents and her brother in law's parents arrived in Florida Thursday. The sister ...

At least 159 missing after partial building collapse near Miami

This novel, inspired by true stories of Jewish children during WWII, centers on the unbreakable bond between a mother and a daughter. Doyle's memoir tells the story of a woman navigating

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Spanish-Language Titles: July 2021

Lacambra is the founder of GOODBODYFEEL Movement—a studio and a method that offers a combination of yoga, Pilates, and mindfulness that is holistically ... Watch her “Yoga Dinamico (Dynamic Yoga)” ...

Practice With 5 of Our Favorite International Yoga Influencers

By coaching leaders on mindfulness techniques, we’ve helped them to be more aware of their reactions and choose more productive responses. Teach people how to disagree. Developing the ability to ...

Don’t Ban “Politics” at Work

This is particularly true of performance art. Performance art provides ways of seeing, thinking, expressing and mindfulness. It highlights the idea that human beings, regardless of race ...

Nigeria’s #ENDSARS protests: a window into how creative art can be an act of therapy

The International Olympic Committee (IOC) today launches "Stronger Together" a global

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Olympic campaign that celebrates athletes by showcasing their journey to the Olympic Games Tokyo 2020, and how ...

IOC launches #StrongerTogether campaign that celebrates Olympic heroes and delivers a message of hope and solidarity on Olympic Day

Coming at the end of June, you will be able to check through a list of guided meditations and mindfulness exercises from Headspace in Viva Insights in Teams. You can do things like jot down what ...

Microsoft Teams to integrate Headspace and Focus mode to help meeting anxiety

This could mean anything from yoga classes to mindfulness and resilience training, and while these programmes can indeed be useful for supporting general mental wellbeing, they only go so far.

Bumble's week off: employees suffering from burnout need more than an extra holiday

The old Breathe app has been replaced with Mindfulness, which includes a new feature called Reflect. It's a one-minute session where you're supposed to think about something. When I tried ...

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WatchOS 8 adds fun and color to the Apple Watch

WASHINGTON, Pa., June 15, 2021 /PRNewswire-PRWeb/ -- "While I never imagined I would be writing the intimate details of my personal life for all the world to see, I'm grateful to be able to share ...

New book offers guidance, tips and advice that helps couples preserve the sanctity of forever love by living in the zone of mindfulness

□We have created the most complete wellness platform, covering fitness, therapy, mindfulness and nutrition. The new investment will help us further drive growth in the United States, enhance the ...

Gympass Unicorn Reaches \$ 2.2 Billion

Lately, Marcie's music has centered around mental health and wellness. She's also a mindfulness instructor, and that has become another big part of her life. □Mindfulness is a collection of ...

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