

A SIMPLE NERVOUS SYSTEM RESET

Most people spend much of their day on autopilot. Their minds are focused on what happened yesterday, what still needs to be done, or what might happen in the future.

Mindfulness helps you step out of that constant stream of thoughts and return to the present moment. When your attention is here and now, your nervous system receives a powerful message: in this moment, I am safe. This can help reduce stress, anxiety, and feelings of overwhelm.

Most people spend the majority of their day in a busy, alert state of mind. While this helps us stay productive, our brains also need small moments of calm. These brief mindful pauses allow the brain to shift from beta brainwaves, associated with active thinking and problem-solving, into more relaxed alpha and even theta states. This shift gives the mind a chance to reset, restore energy, reduce mental fatigue, and support creativity and well-being.

The good news? You don't need 20 minutes of meditation to experience the benefits. Even one minute can make a difference.

Expanded Gaze Exercise

The power of mindfulness lies in the small moments throughout your day. These micro-moments give your brain and nervous system a chance to step out of the busy beta state and move into calmer alpha and theta states, where rest and recovery can occur. Even a few minutes can help your mind recharge.

To practice Expanded Gaze, simply soften your eyes and look slightly upward and into the distance. Instead of focusing on one object, allow yourself to take in your surroundings as a whole.

When you widen your visual field, you signal to your nervous system that there is no immediate danger. This can help reduce stress, quiet mental chatter, and create a greater sense of calm.

For an even stronger effect, try this during a walk in nature. The combination of movement, fresh air, and a wider view can help you feel more relaxed, present, and grounded.

