

MANAS

Speaks

Volume 03

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**“Health is a relationship
between you and your body”**

#HealthPsychology

HEALTH PSYCHOLOGY FOCUS

Mindfulness

Type 1 Diabetes

Male Menopause

Positive Emotions

Yoga & Wellbeing

**The Academy of
Psychology**



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MANAS *Speaks*

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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Author Guidelines

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Relationships form a crucial aspect of our everyday life, be it at home or at work. How our relationships are, how they form, sustain, how they die or remain stagnant, directly impact our well being. Relationships, we all are aware has a direct impact on one's health. Toxic relationships/ dead relationships/ conflict ridden relationships – all of them have an impact on one's health. While some may be able to recognize the connect, many may perceive the health issues independent of the relationship challenges.

Is there any formula, that will cater to, both handling relationships effectively and also facilitate a state of holistic wellness?

Today, mindfulness is spoken about, discussed in many ways. We hear of mindfulness meditation, mindfulness trainers and mindful practitioners urging their loved ones “to be mindful” in different activities. I recommend mindfulness for nurturing healthy relation-

ships. Mindfulness can also be used to understand our body and its state better. The understanding will enable us to maintain/ foster a state of wellness.

So, what is mindfulness? In simplest terms, mindfulness is being aware; being in the moment. Mindfulness is not concentration. Being aware or being in the moment is just being holistically present in the moment. To explain further,

How often, during a conversation, our minds are racing over a hundred other things? How often, after a conversation, we realize, we have not paid attention to what the other person was saying, even though we were looking at the person. How often, we feel, we know what the other person is going to say (I am not referring to intuition her; but to our judgmental expectation)?

In all of the above situations, we have been anything but mindful. So, what is mindfulness in a relationship? How can we be “in the moment” in a relationship?





To be mindful, is simply to pay attention to the person's verbal communication as well as the non-verbal communication and body language without any preconceived judgement. It is simply to not race our mind into various other things, while in a conversation with someone. It is to be aware of the person's emotional state and expression without an opinion.

Does this seem to be a lot? It could be.... But it can be a lot easier, if one imbibes mindfulness into one's daily life, as a part and parcel of one's life.

Simple Guidelines to Practice Mindfulness in Relationships:

Firstly, practice becoming aware of your breathing for a couple of minutes every day.

Once you are able to become aware of your breathing, take it a step forward and become aware of your thoughts, without sticking to any of them. As you pay attention to your thoughts, you will realize that over a period of time. The thoughts lessen and your inner stillness seems more evident to you.

To practice mindfulness in relationships, choose any person, with whom you share a healthy bond. Every time, you converse with the person, be present wholly, by paying full attention to the conversation. Practice observing the person sans opinion/ judgment and absorb whatever the person's body language conveys.

With time, you may extend this practice to others too. Regular practice will slowly and steadily train you to be mindful in your relationships. The more mindful you become; you may notice a healthier you....

- Mahalakshmi Rajagopal



How Mindfulness Techniques
Can Help Your Relationship