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Your Companion for a Funday

What is mindfulness meditation? Everything you want to know

Mindfulness is a mental state where the person blends him or herself into focused awareness and without any judgements accepts the thoughts that come to him and lets them pass on without giving it much thought. A mindful human does not judge his or her thoughts, emotions, bodily sensations, or even the surrounding environment. Mindfulness involves paying attention to the present moment, without thinking too much about the past or worrying about the future. Mindfulness is the simple technique of focusing on one thing and if the mind starts to wander, quickly gathering it back.

What is mindfulness meditation

Mindfulness meditation is a technique that helps people be more mindful through the practice of continuous attention to their breath, sensations, thoughts, and emotions. It involves intentionally directing one's awareness to the present moment while acknowledging and accepting whatever arises without judgement. By repeatedly bringing the mind back to the chosen focus point, people develop a sense of mental clarity, emotional power and a greater sense of inner peace.

How to do mindful meditation - The right spot

To begin mindful meditation, first choose the right spot to do it. The best place is one that is quiet and comfortable and does not promote unnecessary distractions.

Once you find your spot, sit down on the floor or mat cross-legged, with feet flat on the ground and hands resting on your lap. Then, close your eyes and focus on your breath. Feel it enter your body, going in and then leaving your body as you exhale. When you are being mindful you will easily be able to notice the rise and fall of your chest or the air passing through your nostrils.

In this process of inhaling and exhaling, if any distraction arises or there is a thought coming to your head, acknowledge them without frustration and just gently guide your focus back to your breath.

Don't judge yourself

When doing mindful meditation it is very important to stay away from any judgments. Judgement of self, others, your thoughts, your past actions, anything. Allow your thoughts and emotions to arise and pass away without attaching judgement to them. Treat them like they are just clouds in a sky, here one moment and then drifting away another.



To begin with, start with short meditation sessions, around 5-10 minutes, and increase the duration as you grow more comfortable.

Who should do mindful meditation?

Being mindful should not be limited to a certain age! And so, practising mindful meditation is not restricted to people. Anyone, any age who wants to do it, should do it. Mindful meditation is especially helpful for people who are dealing with stress, anxiety, pain, procrastination, focus issues or other such mental health challenges.

Plus, if you are a student or an essential worker, being mindful will always work out in your favour. Being able to gather your thoughts quickly and being able to focus for long periods of time will only help you in the long run.

For how long should it be done?

The best advice experts give for mindful meditation is to never count for how many minutes you are being mindful. It could be 10 minutes or it could be thirty or even just 5 minutes where you focus on one single thing and let your thoughts pass away like a slow breeze.

If you are just starting out, practising mindfulness for long hours or trying to be mindful for long can irritate you because you will lose focus quicker. So, try to start out small, even a few minutes if you like and then increase the time as you feel getting better.

Benefits of mindful meditation

The benefits of mindful meditation are many! From being more focused to having an ability to be more carefree, a person who is good at mindfulness can do it all.

Practising mindful meditation for even a few minutes everyday can clear up your mind, put it at ease and help you not overthink about things. When you are being more mindful, you are not just focusing on your breath but also allowing your mind to centre on things that are important and removing the ones that do not seem necessary. So, when you focus on what is important you also develop the skill of selective focusing. This is also beneficial for people, especially when in high distraction situations.

Plus, mindful meditation can also help ease stress and anxiety. The few minutes you take out of your day for yourself and for gathering your thoughts can really help ease and remove the stress you feel everyday from the outer world.

Overlooked joys of raising a teenager parents should not forget

Everyone is aware of baby fever and watching adorable toddler videos, capturing them doing hilarious or super cute things for the first time. However, as kids start growing up, many parents reduce their level of intense affection towards their child, and there may develop a distance between the parent and the child.

The teenage years are often marked by fights, arguments, and disagreements between the parents and the children, who are starting to explore the world more independently and exploring their own identity. Despite all the things that are associated with making teenage years a tough phase, there are also some special and beautiful moments that make this phase one-of-its-kind. Here are some of the joys of parenting a teen you should not overlook.

Teens keep you up-to-date with trends

No matter how modern you are, there is something about trends or ‘things in fashion’ that the young generation always knows better. Having a good relationship with your teen kid can help you stay up-to-date with the latest trends in music, slang, tech, memes, social media, new places to eat etc. If you show your interest and have a healthy relationship, your teen will definitely flood you with all kinds of trendy recommendations.

Seeing them groom themselves

There are many lovely moments associated with raising teens. You see them getting taller, maybe getting into a relationship for the first time, participating in different extra curricular activities they have never tried, planning future career choices and so on.

Having deep and meaningful conversations

As your child grows, they gain more wisdom of the world and life in general. They start thinking and questioning a lot of concepts around them. It's a great chance to engage in meaningful conversations with your child. This can help in building their own unique yet well-informed perspective.

When they ask you for advice

As your teen grows and faces the challenges of their life, they will come to you for advice and help. Having lived through this phase, you can understand them and be of great guidance, especially in brushing off any myths they might believe in. It is a great chance to increase your bonding with your child and win their confidence.

Being less hands-on parent

Now that your kid is not a ‘small kid’ anymore, you can start letting go a little. They can independently travel to places around your house, take care of their studies themselves or maintenance of their room. Remember you can still be an excellent parent, as you are flexible enough to change your strategies as per your child's age.



7-day meal chart to lose weight faster and easier

Are you prepared to set out on a path that will lead to a fitter, healthier you? This 7-day meal plan will help start the weight loss journey and maintain a feeling of fullness throughout. This plan is centred around foods that are high in fibre, low in carbohydrates, and packed with nutrients, which will help you feel full and energized while consuming fewer unnecessary calories.

Day 1: Start with fruits

Start your day with a burst of fruity goodness! Begin your morning with a medium-sized apple at 8:00 AM, followed by a bowl of sliced muskmelon (Kharaboja) at 10:30 AM. For lunch, indulge in a bowl of refreshing watermelon at 12:30 PM. As the day progresses, snack on a big Mosambi or orange at 4:00 PM, and treat yourself to a pomegranate salad with a cup of muskmelon at 6:30 PM. End your day with half a cup of watermelon at 8:30 PM, staying hydrated with 8-12 glasses of water throughout.

Day 2: A day with vegetables

Day two is all about enjoying the goodness of vegetables! Start your morning with a cup of boiled potatoes at 8:00 AM, followed by half a bowl of cucumber at 10:30 AM. For lunch, enjoy a generous serving of lettuce, cucumber, spinach, and capsicum at 12:30 PM. Snack on sliced carrots with lemon juice at 4:00 PM, and eat a bowl of boiled broccoli and green peas at 6:30 PM. End your day with a refreshing cucumber at 8:30 PM, ensuring to stay hydrated with plenty of water.

Day 3: Create a balance

Strike a balance between fruits and vegetables on day three! Start your day with a bowl of muskmelon at 8:00 AM, followed by a cup of pineapple or pear at 10:30 AM. For lunch, enjoy a colourful mix of lettuce, cucumber, spinach, and capsicum at 12:30 PM. Snack on sliced carrots with lemon juice at 4:00 PM, and enjoy a bowl of boiled broccoli and green peas at 6:30 PM. Wrap up your day with a cucumber at 8:30 PM.

Day 4: Magic of bananas and milk

On day four, discover the power of bananas and milk! Start your morning with two bananas at 8:00 AM, followed by one banana at 10:30 AM. For lunch, have a delicious milkshake made with two bananas, some cocoa powder, and a glass of milk at 12:30 PM. Snack on two more bananas at 4:00 PM, followed by another banana and a glass of milk at 6:30 PM. End your day with a glass of milk at 8:30 PM.

Day 5: Benefits of brown rice

Day five introduces the wholesome goodness of brown rice into your diet. Start



your morning with three tomatoes at 8:00 AM, followed by half a cup of brown rice sautéed with assorted veggies at 10:30 AM. For lunch, enjoy two tomatoes at 12:30 PM. Snack on a bowl of brown rice at 4:00 PM, and savour one tomato with half a cup of sautéed veggies at 6:30 PM. End your day with a comforting bowl of tomato soup seasoned with salt and pepper at 8:30 PM.

Day 6: Focus on vegetables

Day six continues the veggie extravaganza! Begin your day with three tomatoes at 8:00 AM, followed by half a cup of brown rice sautéed with assorted veggies at 10:30 AM. For lunch, enjoy two tomatoes at 12:30 PM. Snack on a bowl of brown rice at 4:00 PM, and savour one tomato with half a cup of sautéed veggies at 6:30 PM. Wrap up your day with a nourishing bowl of tomato soup seasoned with salt and pepper at 8:30 PM. You can also swap your vegetables with 500g of chicken distributed throughout the day.

Day 7: Nutrient-rich meal

On the final day of your weight loss journey, focus on nutrient-rich foods at the

end of the week. Start your day with a glass of orange or apple juice at 9:00 AM. For lunch, eat half a cup of sautéed vegetables with half a cup of brown rice at 12:30 PM. Snack on a cup of watermelon with assorted berries at 4:00 PM. Enjoy a cup of soup at 6:30 PM, and end your day with another serving of brown rice and sautéed vegetables at 8:30 PM. Hydrate throughout the day with plenty of water to support your body's natural detoxification process.

Why is diet important while trying to lose weight?

Diet is important when trying to lose weight because it plays a significant role in managing calorie intake. Eating fewer calories is generally easier to achieve through dietary modifications than burning significantly more calories through exercise. The 80/20 rule, which states that weight loss is the result of 80% diet and 20% exercise, is a helpful guideline, but the specific ratio can vary depending on individual preferences.

How important is exercising in weight loss?

Exercising plays a crucial role in weight loss by helping create a calorie deficit and offering numerous health benefits. While dietary changes are more effective for substantial weight loss, combining exercise with a healthy diet is more effective than relying on calorie restriction alone. Exercise can increase metabolism, maintain lean body mass, lower blood pressure, and cholesterol, and reduce the risk of diseases like heart disease and certain cancers.

Things to pay attention to while losing weight

While losing weight, it's crucial to focus on sustainable lifestyle changes rather than quick fixes. Pay attention to portion sizes, choosing nutrient-dense foods like fruits, vegetables, lean proteins, and whole grains. Stay hydrated and limit sugary beverages. Incorporate regular physical activity tailored to your fitness level and preferences, aiming for a combination of cardio and strength training. Monitor progress but prioritize overall health rather than just numbers on the scale. Get enough sleep to support metabolism and regulate hunger hormones. Seek support from healthcare professionals or a supportive community to stay motivated and accountable on your weight loss journey.

Why is losing weight important?

Losing weight is crucial for overall health, as it reduces the risk of developing serious conditions like heart disease, type 2 diabetes, and certain cancers. Shedding excess pounds not only improves heart health and mobility but also boosts energy levels, enhances sleep quality, and positively impacts mental well-being.

