

Get Back in the FLOW

*Find your center
in the present moment*



FOCUS ON YOUR BREATH

Bring your focus back to your breath and get back into the flow. Take a moment to notice how you're breathing. If your breaths are fast and shallow, take a few minutes to reset. Close your eyes so you can concentrate on your breathing. Inhale slowly, drawing your breath into your abdomen. Pause a moment, then slowly exhale. Repeat a few times. You should feel calmer, more focused, and ready to tackle your next task.

OUTWIT DISTRACTIONS

Getting into the flow is difficult when your attention is pulled in multiple directions. Take a few minutes to recenter. Silence your phone, shut down your email, and close your eyes so you can focus on your breath, listen to your body, and notice what you're thinking and feeling. Give yourself a few moments to become present in the moment. Then, notice how much happier, more creative, and open you feel.

LISTEN TO YOUR BODY

Check in with how your body's feeling. Are you slumped over? Are your shoulders reaching toward your ears? Are you resting your head in your hand? If so, take a moment to reset. Sit up and engage your core. Bring your shoulders up, back, and down. Uncross your legs. Better yet, stand up and walk around your space or even around the block. If a walk's not possible, a few forward folds and mountain poses can help you reset your body.

WRITE IT OUT

Being in the flow is all about being in the moment. Journaling can prepare you for a mindful day. Take a moment at the beginning of the day to check in on how you're feeling, what you're looking forward to that day, and what is giving you hesitation. At the end of the day, reflect on how well you were able to stay present in the moment, and set an intention for the next day.

Being in the flow means being in the present moment. The practices of yoga and meditation help us silence the chatter of our minds, a gift we can apply to our day-to-day lives. As we increase our concentration, clarity, and contentment throughout the day, we feel more alive. We focus less on what we're doing and more on how we're doing it. The joy of surpassing the limits of mind and body are available to us if we tap into them.