Enjoy every moment

The idea of enjoying each moment may be good for your health, say scientists at NIH. Yes, but how? The idea is called mindfulness. This ancient practice is about being completely aware of what's happening in the present.

Becoming more mindful—instead of going through life on autopilot—requires commitment and practice:

- Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second, exhale through the mouth to a count of 5. Repeat often.
- Enjoy a stroll. Notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- Practice mindful eating. Be aware of taste, textures, and flavors in each bite. Listen to your body when you are hungry and full.
- Find mindfulness resources. Yoga and meditation classes, mindfulness-based stress reduction programs, and books are helpful.