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Take The Next Step: Mindfulness in Action

Los Angeles, Calif. (April 18, 2016)--Mindfulness, the ability to live in the moment to find peace and harmony in life, is being practiced everywhere--in homes and in businesses throughout the world--yet a next step is needed to make a real impact on how we live our lives, says Dr. Noelle Nelson, author of the new book [*Happy Healthy...Dead: Why What You Think You Know About Aging Is Wrong and How To Get It Right*](#) (MindLab Publishing).

"You know how wonderful you feel being mindful, living in the present moment--like actually tasting your food rather than inhaling it? It brings you greater peace and enjoyment, not to mention the terrific perks in terms of cardiovascular health and overall well-being," says Nelson. "But then, life hits you, with all its messy, raw and often irritating and annoying realities. You're quickly back to square one."

Nelson suggests that we can reap the benefits of mindfulness as we go about our daily routines even as life consistently throws us curve balls. "We just have to become a 'go-the-extra-miler' or GEM," says Nelson. "When you're a GEM, you apply mindfulness to your actions throughout the day with intention and attention."

"It's easy to be mindful, present and generous of intent, in the privacy of your thoughts," says Nelson. "It's a whole other ball game to do it in the testing ground of reality. Yet isn't that where true enlightenment happens? It's when you unexpectedly find yourself behaving as your best self in challenging circumstances."

As an example, Nelson says she was at a busy restaurant with friends one evening when she couldn't help noticing that the entire wait staff actually seemed to be enjoying their work and were invested in their customers having a good experience. "They took the time in a very hectic setting to ensure we had a great evening," says Nelson. "I came away from the restaurant knowing two things—I'd go back there again and I wanted to be just like them—a GEM."

Her night out showed her, in real terms, how mindfulness in action makes an impact. "It takes no more time to seat a patron with a smile as without one," says Nelson. "It takes no more time to offer a glass of water with a smile as without. It takes but a nanosecond for a server to stop by a table and ask, with a smile, if all is well. But it does take a clear and specific intention, in this case wanting guests to have a positive experience of their evening, and give attention to what might contribute to that experience. That's going the extra mile."

While the benefits to others are obvious, the benefits to the giver are far greater. "Mindfulness in action raises your self-esteem as you express your best self. It puts you on a more optimistic track," explains Nelson. "All of which support your physical, emotional and mental health and happiness. In fact, just taking the moment to smile can make a big difference to your physical well being." (Recent research shows that "smiling can reduce the level of stress-enhancing hormones like cortisol and adrenaline while increasing mood-enhancing hormones like endorphins," Ron Gutman. [*Smile: the Astonishing Powers of a Simple Act*](#)).

To learn more about the mind-physical body connection, watch a YouTube presentation by Nelson at <https://youtu.be/7xcqg4TbGgA>.

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