



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

The mirrors you have in your house are great for practical uses such as brushing your hair, washing your face and putting contacts in. However, did you know that looking at yourself in the mirror can boost your confidence?

A technique known as “mirror meditation” has become increasingly popular as a way to improve self-esteem, goal achievement and emotional regulation. Science shows that face-to-face contact with others is vital for emotional, social and cognitive growth. In a similar way, being face-to-face with yourself can strengthen your inner connection and help you to manifest your goals.



Try a mirror meditation:

1. Set aside time

Like all self-care, it's best when you schedule this meditation into your day whether that's first thing in the morning or before you go to bed at night.

2. Focus on breathing

Stand tall and take a few slow deep breaths. Release any tension you're holding in your face, neck and shoulder muscles.

3. Observe your thoughts

Notice any emotions that come up. Be mindful not to judge yourself. You may be surprised how your thoughts change over the course of a few minutes.

4. Talk to yourself

Start with a positive mantra like, “I am who I'm meant to be” or “I am enough.” If you're looking to manifest a goal, be specific, “I will go for a walk everyday this week.”