

# SOCIAL MEDIA Versus the Quiet Mind

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**W**e are at war. It's a war against the very things that are supposed to make our lives easier. Every day, dozens of things vie for our attention. We are living in an age of information. We have access to information, friends, movies, television, games, and music anytime and anywhere. Our devices are always with us and always on. There is a wealth of options at our fingertips: shopping, playing games, checking the news, watching movies, learning to improve our relationships and keeping up with friends instantly via texting. All this without ever leaving home.

One problem with our ability to connect is that it is getting more difficult to disconnect. The constant connection or feeling we need to stay connected can increase stress. Stress can affect our physical health, moods, and behaviors. Some stress is normal, but many health problems may result. Stress can be at the root of headaches, muscle tension, fatigue, irritability, lack of motivation or concentration, anxiety, depression, sadness, social withdrawal, anger issues, addiction, and problems with sleep, stomach, and eating.

There are many ways to deal with stress. While treating symptoms specifically is an option, in some situations medical interventions may be necessary. Learning about stress and, more importantly, how to reduce it, can be a powerful intervention. Controlling stress will have a positive impact on our bodies, minds and spirits.

One great stress reducer is learning to quiet your mind. One of the most popular methods is meditation. Scientists have found meditation can change your brain, increase your ability to focus and reduce stress. There are three forms of meditation: focused attention, mindfulness, and compassion. These techniques are fairly simple and don't require special clothes or equipment. You may be doing them and not even realize it. For example, when you stand at a window and watch the sunset you are using focused attention.

The question is how can we make this helpful stress-reducing practice part of our routine? One option is to designate a specific time of day when phones, tablets, TVs, and all other electronics are turned off. Take time to share with others about the day. Give each person the chance to share and to practice listening with focused attention. If you go out with friends, put the phones in a pile on a table, facing down. Focus on the people who are with you. At night, make sure phones are put in a sleep mode.

Ironically, these very same electronics that can be stress-inducers can help us learn about mindfulness and meditation. There are some great apps to remind us to be mindful and to learn to meditate. You can program them to remind you to be mindful at different times during the day.

Quieting the mind is something that is both easy to do and takes constant practice. The more you take the time to quiet your mind, the more beneficial it is for your mind, body, and spirit. Remember, though, that sometimes the best button is the off button.

*FREE Introduction to Meditation March 26th at 6pm. - Learn effective simple ways to manage stress before it manages you! Experience various styles of meditation including; focused attention, compassion and guided imagery. Learn how to apply it to your life daily! Work smarter not harder to manage your life!!*

*Infinite Healing and Wellness Yoga class and "Stress Boot Camp," taught Crossfit style in a circuit training/interval method are good ways to jump-start your healthy lifestyle. We are located in Gilbert at 2563 S. Val Vista Dr. Suite #108. For more information call 480-448-1076; email [info@infinitehealingandwellness.com](mailto:info@infinitehealingandwellness.com); or visit [www.Infinitehealingandwellness.com](http://www.Infinitehealingandwellness.com).*

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