

How to Live Slowly (Even When You're Busy)

In modern living's rush and hustle, there are simple ways to slow life down and enjoy the little things again, says thought leader and mindset coach, Maria Boznovska.

In the Internet age, many can attest to life speeding up, seemingly out of their control. However, making a conscious decision to look at what isn't serving your greatest mission or purpose can quickly highlight the necessary from the unnecessary. Mindset coach and thought leader Maria Boznovska teaches that shifting one's focus to ask better questions is an empowering place to start: "Instead of asking, 'why do things happen to me', ask, 'what is this experience showing me... what feelings are coming up for me?'" Maria says. "The challenge in life isn't in receiving answers, the challenge in life is in identifying your current questions. By shifting the focus to outcomes or solutions, rather than why this is happening, we're more likely to remain calm". How do we remain calm when life around us feels chaotic? Maria suggests: Let go of expectations. Taking time to step back from a situation and let go of expectation can help you reorient your thoughts and view things more objectively. Take a walk, read a book, watch a movie, meditate, connect with nature to take your mind off the situation. You will be much more effective at problem solving once you have taken time to rejuvenate your mind. Re-frame the situation. Once you have taken time to decompress, you may have a completely different perspective on a difficult or stressful situation. Embrace new ways of thinking and view problems from all sides. Self-care is imperative. Just because you have deadlines to meet and people to engage with, don't neglect your self-care. Not only will losing sleep damage your health, it will make you generally less effective. A tired mind is one that is notable to think clearly, and it is hard to stay calm when you are living in a mental fog. Ask for help. Being afraid to ask for help is a sure way to continue to feel overwhelmed. Reach out to your network and circle—those who have skills and knowledge that you don't. Feeling like you belong and are supported by people who love and care for you is a great way to stay calm. Visualise the outcome you would like to see happen. Let go of the attachment. Imagine yourself happy, healthy, safe and loved. See a more stable, calmer, friendlier and better outcome. ENDS Media notes: • Maria is available to expand upon this subject matter in great depth. If you would like to interview Maria, or have a post written specifically for your publication, please contact us. MARIA BOZNOVSKA BIO: Visionary, thought leader, adventurer, nurturer, game changer and future shaper. Maria Boznovska is shifting consciousness; empowering people to think differently about themselves and others. She is also the author, writer, motivational speaker and inspirational woman behind the highly engaged Facebook community, Live Gratefully with Maria Boznovska. As a creative strategist, she has a deep knowing and innate ability to encourage people to challenge the status quo, specific to what they believe about themselves and what they have been taught to believe as their truth. In her role as a leadership expert, Maria works within the corporate sector to "empower the leaders of today", and the education industry to "empower leaders of tomorrow". She is also known for her one-on-one leadership coaching, empowering men and women to be the best they can be. The mum-of-four has personally found profound blessings and gratitude in hardships. She inspires others to do the same through her introspective discoveries, thought provoking blogs, articles, seminars and workshops and lead-by-example journey. "I've dedicated my life to honouring my creative self-expression; and through that, letting my life speak—it is my mission and joy to help others do the same," Maria says. Most widely known for her conscious leadership, Maria guides with a grateful heart while tapping into her gift of vision—the ability to recognise potential in almost anyone and navigate clients towards empowerment and fulfilment. As a creative strategist, Maria draws on her background in high-level corporate roles and her 15-year accounting business. She understands the importance of self-expression as a key aspect to happiness in the working environment and overall well-being. She says her role as mother is her greatest achievement. Through her conscious parenting approach, she aims to provide a safe space where her children can grow, explore and determine their own truth and path. Find out more about Maria at www.mariaboznovska.com and www.facebook.com/livegratefullytoday Media Contact: Shannon Dunn shannon@communeco.com

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