

Hello everyone.

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In this video, I want to talk about a significant aspect of our lives which is well-being.

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well-being is a holistic concept that not only physical health but also mental and emotional Wellness.

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When we're unveiled, whether physically, emotionally, or mentally, our ability to fully engage in activities is compromised.

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It is also true when one is seeking financial well-being, as all aspects of our health need to be in balance.

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So let's delve deeper into this topic of mindfulness.

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The first topic I want to discuss is the five layers of existence.

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We exist in five layers of the physical body, the breath body, which is the energy body, the emotional body, the intellectual body, and the bliss body.

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To reach a state of bliss, all the other layers need to be in equilibrium.

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Any change in one plane will affect the others.

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For example, when we're happy we have extra energy to do things.

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Meditation is the best way to maintain equilibrium across all planes.

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The next topic I want to talk about is physical Wellness.

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Many teens believe that being physically well means that you have a toned body throughout the year.

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Physical Wellness is not about having a toned body but it's about having a fit body free from diseases.

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We often put unreal expectations on ourselves based on societal expectations and or celebrity images.

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Instead of focusing on having a body free of fat, we need to focus on having a body free of diseases.

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Physical Wellness involves regularly exercising, eating a balanced diet, getting adequate sleep, and going to the doctor for checkups to prevent or manage diseases.

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By focusing on these aspects, we can enhance our energy levels, improve our mood, and boost our immune system.

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Remember, the goal is not to master an unrealistic idea but to feel good and function well in our bodies.

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The next topic I want to talk about is meditation and mindfulness.

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In today's day and age, many things are attached to their phones, and are suffering from ADHD.

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They have trouble focusing on one thing and they usually suffer academically as they can't focus during tests or exams.

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Meditation every day, even just for a few minutes, can help improve focus and be in touch with the inner self.

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It controls the reign and progression of thoughts leading to peace and happiness.

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It makes us aware of what is going on in our bodies, minds thoughts, and the world around us.

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As a result, we become more energetic, calm, understanding and mindful.

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Meditation can also help with other mental health issues as it allows us to cultivate a deeper relationship with ourselves.

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This often increases self-awareness and self-understanding.

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By quieting our minds, we can observe our thoughts without judgment, leading to peace and happiness.

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This practice not only enhances our mental clarity and focus but also promotes emotional balance which makes us more resilient to life challenges.

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As we become more attuned to our inner world, we can better navigate the outer world with ease and mindfulness.

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In essence, every aspect of mindfulness is interconnected.

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By embarking on an inner journey of self-discovery and mindfulness in meditation.

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We can better navigate the challenges of life with conscious responses rather than instinctive reactions.

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Thank you for watching this video.

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I provided a whole transcript of this video on our website and I've also provided you all with some further readings to do.

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Hope you all found this video helpful.

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Thank you.