Learn to calm down the winds of your mind, and you will enjoy great inner peace. ~ Remez Sasson. While juggling a full-time job and my writing, I found it easy to lose track of the days. And by constantly pushing myself forward, I never gave my mind the space it needed to shape and form my thoughts; I never allowed myself to simply be, which resulted in all kinds of mental blocks and frustrations which met my writing progress head-on. I was on my way to burnout, and fast, and I knew I needed to make a change. There are various ways to calm the mind and the endless quantities of thoughts that keep passing through the mind. Why do you need to calm your mind at all? Most people appreciate a calm mind only when under pressure, when they are worried, or when they need to focus. A Calm Mind Is Helpful in Many Situations. Do you get easily nervous and irritated? Do you have fears and doubts that cause you to suffer? Give yourself some time for reflection, meditation or any activity that relaxes, such as yoga, Tai Chi, or walking on the beach or in the forest.

Use positive words or language. Your words affect your subconscious mind, your behavior and how think and feel. Calm Down the Nonstop Chatter of Your Mind. Is your mind always restless? It literally calms the activity in your brain. Fewer neurons fire in your amygdala (the part of your brain that responds to fear), which may lead to fewer signals sent to other parts of your brain. Music is a good thing to try if you’re distracted by pain. Listen closely, not just as background. Activities like coloring books, knitting, scrapbooking, and pottery offer an escape for a busy mind. Simple, repetitive actions, especially -- like kneading dough -- can help you redirect your thoughts and tune out the chatter in your head. Let your inner child play! Mindful: “A 5-Minute Breathing Meditation To Cultivate Mindfulness.” Cleveland Clinic: “Exercise: Mind-Body Exercises & Heart Health,” “3 Reasons Adult Coloring Can Actually Relax Your Brain.” Seleni: “How can I stop my racing thoughts?” Meditation: A simple, fast way to reduce stress. Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most. By Mayo Clinic Staff. And you can practice meditation wherever you are whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting. Understanding meditation. Meditation has been practiced for thousands of years. Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. A meditation exercise can be as simple as doing some deep breathing, or as complex as repeating a mantra or doing Transcendental meditation. Any activity that helps to quiet the mind could be considered a meditative activity, even sitting outside and quietly watching the world go by. There are many types of meditations, including but not limited to: Deep breathing exercises.