

2 overlooked analog ways to practice mindfulness

In these times of confinement, even if you're studying or working at home, you have more free time than before and that's a fact. From time to time, it's good to take a break from our screens and social media and do activities that are better for our mental health. Coloring and meditation are two of the most talked-about activities to practice mindfulness but are not for everyone. So, let's talk about two other ways to give our minds a break and unplug for a few hours.

1. Jigsaw puzzles

Scottish comedian Daniel Sloss once said that putting your life together can feel like solving a jigsaw puzzle, however, figuring out our life gets exhausting sometimes, so if you want to take a break from putting together your life puzzle, take a chance with a jigsaw puzzle.

Jigsaw puzzles are great stress relievers, a fun way to connect with family or friends, and even a great meditation tool. There are thousands of jigsaw puzzle options out there for you but we recommend starting out with a 500- piece puzzle. 500-piece puzzles are challenging but easier to assemble than larger puzzles with 2,000 or more pieces, where each piece contains a smaller portion of the full image. Starting small will help you get the dopamine kick while you're doing the puzzle **and** the serotonin buzz once you've finished it. Sounds great, right?

Whether you choose a smaller puzzle or a large 2000-piece one, they are an excellent way to get some quiet time, and most importantly, [perfect for your self-care](#). Plus, if you love the completed image you can show it off, or admire it, by framing it. It'll be one more piece of art to include on your walls, the girls at [Jiggy Puzzles](#) have a great selection of curated puzzles created from art by emerging artists.

It will surprise you how easy and satisfying it is to unplug for a while with a jigsaw puzzle. So give it a try and share your completed works of art with us on [Instagram](#). Oh, and while you're at it, watch [Daniel Sloss' live shows on Netflix](#), you'll thank us later.

2. Origami

An ancient Japanese legend promises that anyone who folds a thousand origami cranes will be granted a wish by the Gods. The crane is a mythical creature in Japan that is said to live 1000 years so paper cranes are typically given to a person seriously ill by friends and family. The legend was popularized through [the story of Sadako Sasaki](#), a little girl that became a victim of the atomic bombing of Hiroshima. Encouraged by her father, Sadako started to make paper cranes out of medicine wrappings and before she passed away, she had made more than 1000 paper cranes when she realized her wish to get well didn't come true.

[The word origami comes from the Japanese words oru, to fold, and kami, paper](#). Origami has been popular in Japan for years, and making cranes is easier than it looks, but if knowing the legend behind paper cranes isn't inspiring enough there are countless shapes to get you started. A simple search of "origami for beginners" or "origami diagrams" will help you find things like origami succulent plants, hearts, small boxes, stars, [and more](#).

Origami isn't only a great handmade gift but is also a simple way to reduce stress and help us focus on the present. Focusing on the process can improve memory and attention, and similar to jigsaw puzzles, origami can give us a great sense of achievement once we've managed to complete a model. As with jigsaw puzzles, we recommend starting with easy-to-fold models like [a dove](#), [a butterfly](#), or [a heart](#).

Another great thing about origami folding is that it is accessible, all you need is a sheet of paper! You can hang your finished models around the house, give them away to friends and family, or share them with us. We'd love to see them!

Given the many benefits of both activities, you can't go wrong whether you choose to do jigsaw puzzles or fold paper cranes with whatever piece of paper you have laying around your house. Mindfulness is an art but it's also a necessary tool that can help us cope with stress, improve sleep and mental health. However, you choose to practice it, make sure to find an activity that is fun and simple to put into practice so that you don't get discouraged. Remember, little by little, one travels far.