

## **6 TIPS TO PRACTICE MINDFULNESS**

### **Tip #1: A MINDFUL BREATHING TECHNIQUE**

Focus your attention on your breath, the inhale and exhale. You can do this while standing, but ideally, you'll be sitting or even lying in a comfortable position.

A deep inhale through your nostrils (3 seconds), hold your breath (2 seconds), and a long exhale through your mouth (4 seconds).

### **Tip #2: INTENTION SETTING**

Before you open up your laptop and begin your usual grind, take a few moments to center yourself. Setting aside a little time in the morning to set intentions helps you start the day with a clear mind. If you find that you are more of a night owl than an early bird, forming your own morning practice can feel difficult. In that case, find time in the afternoon or the evening to settle your mind. All you need is 10 minutes.

### **Tip #3: REFLECT YOUR EMOTIONS**

You could sit down somewhere quiet and turn your attention inwards.

- Notice how you're feeling physically.
- Reflect on the events that unfolded during the day.
- Observe your emotions and the reasons behind them.
- Then, let go of the reasons and focus on the emotion itself.
- Allow yourself to fully feel that emotion and you might even notice the intensity of it start to fade.

Simply ask yourself “**How am I feeling right now?**” and give yourself a few minutes to really observe your emotions and create space to experience them.

### **Tip #4: GRATITUDE LIST EXERCISE**

After you wake up in the morning or before you go to bed at night, write five to 10 things that you are grateful for.

### **Tip #5: CHAT SOMEONE YOU CARE ABOUT**

Ask a loved one if they have time to have a chat with you. Let them know that you're excited to hear how they're week has been and explain that you'd like to have a conversation without any distractions, like the tv or phones. You might like to go somewhere nice, like a café so you can chat over coffee or go for a walk in nature together or connect with them virtually.

### **Tip #6: SPEND TIME IN NATURE**

There are some great indications that spending time in nature is great for both our mental and physical wellbeing. Here are some ideas so you can try this for yourself:

- Go for a walk around a lake.
- Hike to a waterfall
- Sit on a picnic blanket under a tree at the park.
- Wander around a botanical garden
- Grab your bike and go for a ride.

The information above was gathered from the following sources:

- <https://www.goodhousekeeping.com/health/wellness/g32267191/mindfulness-activities/>
- <https://positivepsychology.com/mindfulness-exercises-techniques-activities/>
- <https://www.rachaelkable.com/blog/how-to-be-mindful-with-fun-mindfulness-activities>