



10 WAYS TO STAY MINDFUL THROUGHOUT YOUR DAY

TAKE A BREATH

Close your eyes while you breathe and follow each breath in and out of your body.

LEARN TO FOCUS

Stop wearing that 'multi-tasker' badge of honour and let yourself focus on one task at a time.

SLOW DOWN

There's no need to do everything on a high speed! It leads to high stress levels and more mistakes.

LET GO OF EMOTIONS

Recognise the emotion, acknowledge it without engaging and watch it pass by.

JUST STOP

Sit for a moment and just be.

CONNECT WITH NATURE

Get outside and feel the sun on your skin or the wind in your hair.

EAT WELL

Give yourself some space around each meal to enjoy your food and rest.

RE-SET BREAKS

Build a couple of re-set breaks into your day to check in with yourself and let go of any issue.

RELEASE

Listen out for the moments when judgement rears its head, acknowledge them and let them pass by.

CONNECT WITH YOUR SENSES

Experience a moment through each primary sense; stop and focus on everything one sense at a time.