



BE MINDFUL



01

WAKEY WAKEY!

When you wake, sit on the edge of your bed and follow the sensations of your breathing to help switch you into a calm mode to carry with you into your day.

CHECK-IN

Pause regularly, you could even set a timer, to check-in with how you are doing and give yourself whatever you need, whether that be a break or just a moment to take stock.

02



F.O.F.B.O.C

Bring awareness to, and be curious about, the sensations of your feet on the floor and of your body on the the chair. You can do this at your desk - no-one will know! (audio available)



03

BE KIND

Self-critical & self-judgemental thoughts will only hold you back. Next time you notice thinking this way, pause, then talk to yourself as you would talk to a friend. Kindfulness will help you to move forward in a more skilful way.

04



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05

GET OUTSIDE!

We are natural beings living/working in unnatural environments. Get outside and re-connect with nature. What you can see, smell, hear, touch and even taste?

NOM NOM NOM

Eat slowly and mindfully to really taste your food and enjoy it! Notice the tastes, smells, colours and textures. You may feel fuller sooner and be more satisfied.

06



BREATHING SPACE

Gather the mind with 3 steps:
1. What thoughts, feelings & body sensations are present right now.
2. Narrow focus onto sensations of breathing.
3. Widen awareness again to take in the whole body. (audio available)



07

MIND WANDERING

We all do it, it's perfectly normal, but not helpful if it's leading you into negativity or distracting you when you should be paying attention! Notice when your mind has wandered then firmly but gently guide it back to whatever you are doing. Repeat many, many times!

08

