

MINDFULNESS

Research has shown that positive changes occur in our brains when we practice mindfulness on a regular basis, as new connections are formed which essentially rewire the brain to find better ways of doing things while activating parts of the brain which are responsible for our emotions, impulses and learning.

WHAT IS MINDFULNESS?

Focused on living in the present moment, Mindfulness is a form of awareness which over time, with a bit of practice, can improve an individual's physical and mental wellbeing as well as boosting their performance at work.



TECHNIQUES FOR EVERYDAY MINDFULNESS:

There are many methods people can employ in an effort to become more mindful that are simple and can be applied to our everyday lives.



WAKE WITH PURPOSE

When you wake up, take time to enjoy your morning, clearing your mind of past anxieties or future worries by taking three deep breaths and setting your intention for the day.



EAT MINDFULLY

By eating mindfully we're encouraged to slow down and embrace the experience so we can reconnect with our senses and actually taste the food we're consuming.



NOTICE YOUR ENVIRONMENT

Take a walk outdoors, observe your surroundings, look up and around, feel the air on your skin and simply enjoy the wonders of your environment.



PRACTICE GRATITUDE

Develop this skill by keeping a gratitude journal. A written diary listing the things that you're grateful for each day, as referring to this record can remind you of the positive emotions associated with each memory.



LISTEN MINDFULLY

Remove potential distractions, such as mobile phones, pay attention to your thoughts so you notice when your mind wanders and actively listen to what's being said.



SLOW DOWN

Practice doing one thing at a time to improve focus and if you feel the urge to switch tasks, pause, take a breath and re-focus on your present endeavour.

***"THE PRESENT MOMENT IS FILLED WITH JOY AND HAPPINESS.
IF YOU ARE ATTENTIVE, YOU WILL SEE IT."***

- Thich Nhat Hanh