



☐☐ THE MIND IS JUST LIKE A MUSCLE - THE MORE YOU EXERCISE IT, THE STRONGER IT GETS, THE MORE IT CAN EXPAND. ☐☐

# TOP 10 TIPS FOR MINDFUL LIVING



**MINDFULNESS IS AN OPEN ACCEPTANCE OF EVERYTHING, WHEN YOU BECOME AWARE OF THE “PRESENT” RATHER THAN WORRYING ABOUT WHAT’S TO COME OR WHAT’S HAPPENED BEFORE. YOU’RE ABLE TO FIND CLARITY IN YOUR THOUGHTS. MINDFULNESS IS SIMPLY BEGINNING TO ENJOY EACH MOMENT AS YOU EXPERIENCE IT.**



## **BREATHE**

Remember to breathe, whether it be first thing in the morning, during your day or before you close your eyes at night. Connecting with your breath, helps to reset your nervous system and reduce your levels of anxiety and stress. Just take 5 deep breaths into your body with your eyes closed.... Or 10 is even better!



## **CULTIVATE A GRATITUDE MINDSET**

When you wake in the morning, or last thing before you go to bed, write down 3 things that you are grateful for in your life, this could be as simple as, you ate your favourite meal tonight, or you had a great laugh with your friend or loved ones. When we cultivate a gratitude practice daily it will become a habit, once this becomes a habit it also becomes a natural state of being and a reminder of how you can change your mindset, breathe and consider what you are grateful for today.



## **GIVE YOURSELF THE PERMISSION TO REST**

Be aware that everything changes, including you, you are never the same every day, this is true of your experiences too. If you find yourself pulled in every direction, recognise the feelings, notice your thoughts, become aware of how you are reacting. STOP, breathe into yourself, create space, pause and give yourself a BREAK!



## **LEARN TO RECOGNISE THAT YOUR THOUGHTS ARE SIMPLY JUST “THOUGHTS” NOT TRUTHS**

We often “think” ourselves into negative thought patterns and we believe these to be true, because that’s what we’re telling ourselves. By cultivating a greater mindful awareness of what we are thinking, you’ll understand that your thoughts are simply just that, thoughts! YOU have the power to change them. Try this; bring to mind a time when you felt happy, an experience you had that made you smile, notice how your body feels when you remember this sensation... stay with it and simply breathe deeply into your body, you may even find a smile creeps to your lips!



## RELEASE JUDGEMENT

Mindfulness is an open acceptance of everything. Notice and become mindfully aware of how many times you judge yourself during the day, are you judging on how you “think” you should look? How you “think” your life “should” be? When you notice these thoughts simply breathe, become aware of how your body and emotions feel when you think this way. Now STOP, take 5 deep breaths and release the judgement.



## SLOW DOWN

We’ve all had that feeling as if we’re on fast forward, speeding through our day, mental to do lists, pushing ourselves. You’ll probably have felt unfocused, unable to concentrate, maybe even overwhelmed. STOP – take 5 or 10 deep breaths down into your body. When you’re ready mindfully slow yourself down, this will help you to refocus and complete each task, plus you’ll have time after to congratulate yourself on how well you’ve done!



## TAKE A BREAK

Do you ever feel as if you can’t concentrate, thoughts whizzing through your mind? Stop and take a break, whether its 5 deep breaths with your eyes closed, a 10 minute walk or making a mindful cup of tea. Focusing solely on the moment, sensations and experiences that you are having will create space in your body and mind and a pause in your day. After you’ll feel calmer and more prepared to take on the task in hand.



## YOU DON’T HAVE TO DO EVERYTHING RIGHT NOW

Don’t make yourself fill up every moment of your time with “something to do”. When we fill up our every waking moment with endless mental to-do lists we don’t give ourselves any time, this can create feelings of stress and anxiety. It’s important to take some time to simply just be and breathe. Then review your to-do list, chances are you’ll realise not all of it needs to be done right now.



## SPEAK KINDLY TO YOURSELF, YOU’RE ALWAYS LISTENING

We all indulge in negative self-talk but have you ever really paid attention to how you talk to yourself? I don’t mean out loud but the thoughts inside your head? Is this conversation making you feel better about yourself or worse? A good measure is to consider... would you speak to a friend out loud the same way? If the answer is no, be aware, take a moment to breathe and focus on speaking kindly to yourself as if you are the most important person in your life (because you should be!)



## LET GO!

When you begin a mindfulness practice the thought of trying to let go of thoughts, feelings or emotions may feel very challenging. Here in lies the beauty, you can’t stop these thoughts from appearing in your mind, but you don’t have to follow them. Simply bring your focus back to your breath, you can even inhale focusing on the word “LET” and exhale focusing on the word “GO”. You’ll find that you are able to let go more and more of anything that no longer brings you joy.



## ABOUT THE AUTHOR:

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Debbie is our expert at all things wellbeing, from meditation, yoga, mindfulness, nutritional health, homeopathy, and aromatherapy just to name a few! Her drive to learn about all things wellness came from her own personal experiences, and now wants to make a difference to other people's lives by sharing advice and support.



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