



12 Tips for Mindful Living

Here are some ways to bring mindfulness into your everyday life:

- When you wake up in the morning take time to take some deep breaths and stretch your body. This will begin the process of bringing awareness to your day.
- Be aware of your posture during the day and thoughts/feelings and emotions. Note any tensions and use your breath to recalibrate yourself.
- Have a reminder on your desktop or phone as a “mindfulness bell” to bring you to the present moment. This will allow you to step out of automatic pilot.
- Take time to do the 3 Step breathing space to ground yourself at regular intervals to give you a sense of clarity.
- Eat mindfully, paying attention to the tastes, textures, colours and origins of your food. Chew your food properly and be aware of when you are full. In this way you can enjoy your food with appreciation and avoid overeating.
- As you walk from one place to the other use this as an opportunity to be aware of the ground beneath your feet, the temperature of the air and your surroundings and the present moment.
- When someone is talking to you, give them your full attention, without interrupting. And when it is your turn to talk try to get your message across in a succinct way. If you are feeling angry or upset, take a deep breath before beginning to speak and choose your words wisely. This avoids impulsive conflicts and misunderstandings.
- Use moments such as supermarket queues to stand tall and ground yourself instead of getting wound up. There is nothing you can do to change the queue, so accept it with grace.
- Take time to stretch and breathe throughout the day to release any tensions.
- Give your full attention to routine activities like showering or tooth brushing to bring yourself to the present moment.
- Show a kindly and compassionate attitude towards yourself and others, enriching your relationships.
- Before going to bed at night, take a moment to show gratitude for the pleasant things that have occurred throughout the day. Taking time to steady your breath will help you fall asleep and positive thoughts will hopefully encourage sweet dreams.