

# PRACTICAL TIPS FOR MINDFULNESS



## 1 START YOUR DAY WITH MEDITATIONS:

When you first wake up and open your eyes, pause and take 3 deep breaths. This allows you to reconnect with your body. Recognise your thoughts and try and accept them for what they are.



## 2 USE BREATHING SPACES TO PUNCTUATE YOUR DAY:

Use breathing spaces at predetermined intervals throughout the day. This helps you reestablish connection with your body.



## 3 MAINTAIN YOUR MINDFULNESS PRACTICE:

As best you can continue practicing and training. This will help you maintain a state of mindfulness throughout as much of your day as possible.



## 4 BEFRIEND YOUR FEELINGS:

Whatever feelings come your way throughout the day, try to befriend them. Be open and welcoming to even the bad feelings.



## 7 INCREASE YOUR LEVEL OF EXERCISE:

See if you can bring a mindful and curious attitude to your body as you exercise.



## 6 MINDFUL ACTIVITIES:

Try and stay in mindfulness throughout as much of the day as you can. If you're outside, take in all the smells and sensations associated. Even dull tasks like washing dishes, feel the sensations as you work.



## 5 WHEN YOU FEEL TIRED, FRUSTRATED, ANXIOUS OR ANGRY, TAKE A BREATHING SPACE:

This will help to ground you again. You can also perform some basic stretches when feeling tired or like you are lacking energy.



# Mindfulness Meditation Tips

**K Morrison**



## **Mindfulness Meditation Tips:**

## Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Mindfulness Meditation Tips**

In a global inundated with monitors and the cacophony of fast communication, the profound energy and mental resonance of verbal beauty often fade in to obscurity, eclipsed by the constant barrage of sound and distractions. However, located within the lyrical pages of **Mindfulness Meditation Tips**, a fascinating function of fictional beauty that impulses with organic thoughts, lies an remarkable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this exciting opus instructions readers on a mental odyssey, lightly revealing the latent possible and profound impact embedded within the elaborate internet of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is main subjects, dissect its fascinating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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