

# 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

**M Planty**



## **Mindfulness Meditation Tips:**

## Unveiling the Magic of Words: A Report on "**Mindfulness Meditation Tips**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Mindfulness Meditation Tips**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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