

A large, powerful blue wave is crashing, with white foam and spray visible. The sky is blue with scattered white clouds. In the background, a dark, forested hillside is visible. The overall scene is dynamic and energetic.

You can't stop the waves,
but you can learn to swim!

Jon Kabat-Zinn

mindfulness



mindfulness

It suggests that the mind is fully attending to what's happening, to what you're doing, to the space you're moving through.

Mental state that involves being fully focused on **HERE** and **NOW** so you can acknowledge and accept your thoughts, feelings, and sensations **without judgment**.

Mindfulness meditation helps to:

- **Reduce** stress
- **Increase** attention
- **Enhance** performance
- **Lower** heart rate
- **Improve** sleep

Mindfulness teaches you to:

- **slow down** racing thoughts
- **let go** of negativity
- **calm** both your mind and body

The Types of Mindfulness Practice:

Seated, walking, standing, and moving meditation
(it's also possible lying down but often leads to sleep)

Short pauses we insert into everyday life

Merging meditation practice with other activities, such as yoga or sports

5

THINGS YOU CAN
SEE



4

THINGS YOU CAN
HEAR



3

THINGS YOU CAN
FEEL



2

THINGS YOU CAN
SMELL



1

THING YOU CAN
TASTE



Mindfulness is learning to be in the moment, in a state of openness and active attention to the present, rather than worrying about the future or the past.

5 SENSES MINDFULNESS EXERCISE





SIMPLE HABIT



TEN
PERCENT
HAPPIER



20 Minute Mindfulness Meditation to
Come Home to Your True Self / The Mi...



5 Minute Mindfulness Meditation

DIARY OF IMAGES

Your task is:

- ❖ to **SEE**,
- ❖ to **CAPTURE**,
- ❖ to **SAVE 3 images**

(the easiest way - using your phone)

Just try to see and take a picture of something that attracted your **ATTENTION and maybe have some meaning for **YOU**.**

