

5 STEPS TO ACHIEVE DAILY MINDFULNESS

PAY ATTENTION

Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell, and go for a mindful walk.



BODY SCAN

Stretch gently, place attention on specific parts of your body, feeling each one individually, and noticing the sensations that arise.



MINDFUL BREATHING

Focus on your breath, count your breaths, and be aware of the air going in and out.



MINDFUL EATING

Eating is a great time to bring your attention to the present moment. Eat healthily and chew slowly. Make mealtimes a 'no-phone' zone.



CHALLENGE YOURSELF

Choose a day. Open every door with your non-dominant hand. Watch your attention shift to the now. Now, try and do this for a week!

