

EASY MINDFUL PRACTICE

MINDFULNESS IS THE BASIC HUMAN ABILITY TO BE FULLY PRESENT, BEING AWARE OF WHERE WE ARE, WHAT WE ARE DOING AND NOT BECOMING OVERWHELMED BY WHAT IS GOING ON AROUND US.

try these simple tips to support the practice of mindfulness

feeling overwhelmed?

SMILE
BREATHE (EXERCISE BELOW)
EXERCISE
FORGIVE

keep a journal
relax
cook
talk

just one breath

FIND A RELAXING PLACE, SIT COMFORTABLE
SET A TIMER FOR ONE MINUTE

breathe deeply in and out paying attention to sounds and sensations you hear

take a slow deep breath and feel it going into your lungs and out again

take one more breath, hold and release it





weekly challenge

for you and the kids!

Be active - try to do some exercise/walk together

Connect - reach out or reconnect with someone you haven't seen in a while

Take notice - go outside and take notice of the world around you the colours, smells and sounds and see how they make you feel

Give - give your time to both yourself or someone that might need it

Keep learning - learn a new skill you have always wanted to try or read that book you've been putting off

Mindful Colouring

reduces stress/anxiety

improves focus

mediation alternative

exercises the mind

improves sleep

(can be printed off free)

print off the
next page
and give it a
go...



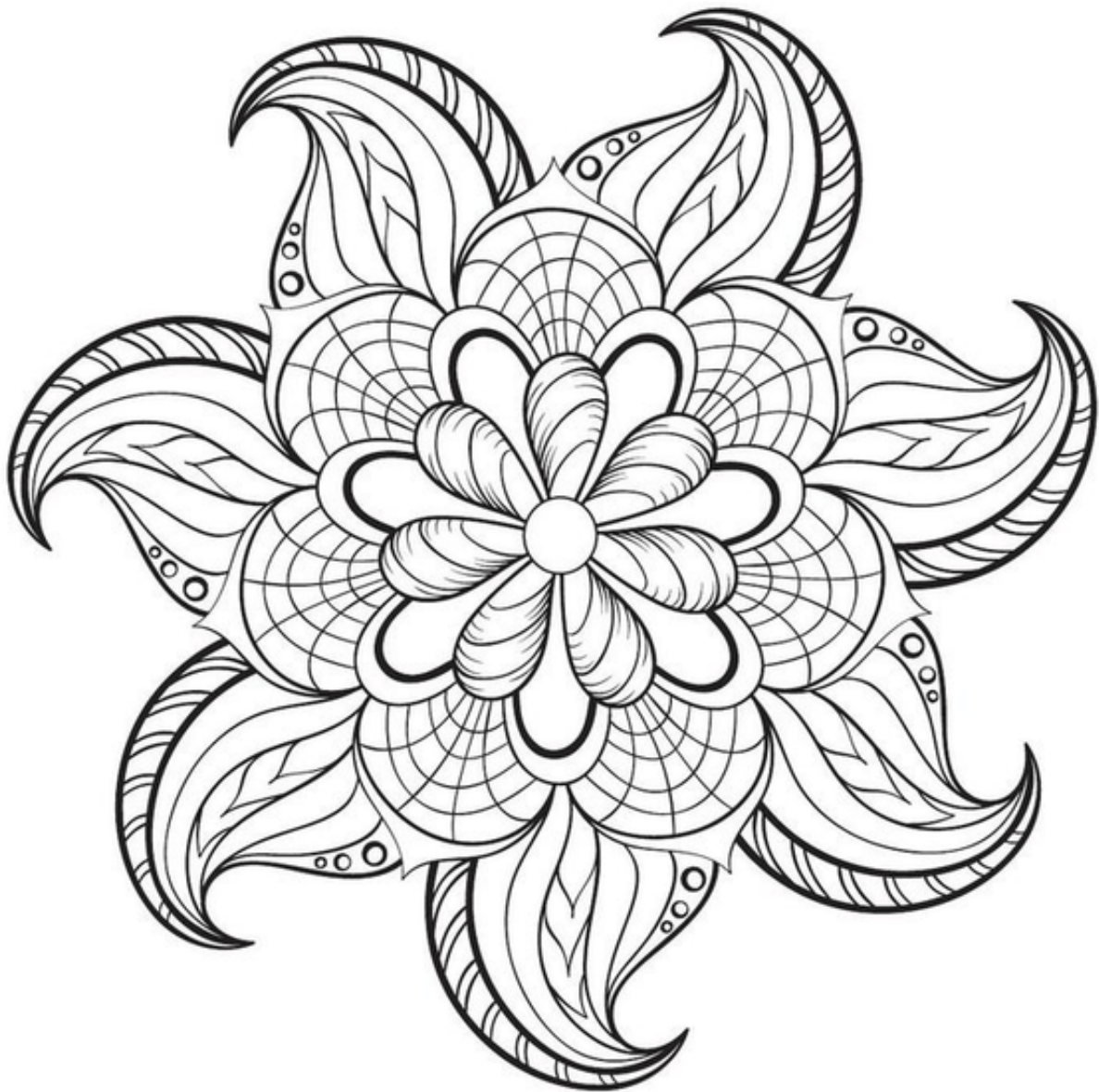
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Parent
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Give it a go...



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