

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

AN Whitehead



Mindfulness Meditation Tips:

Reviewing **Mindfulness Meditation Tips**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Mindfulness Meditation Tips**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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