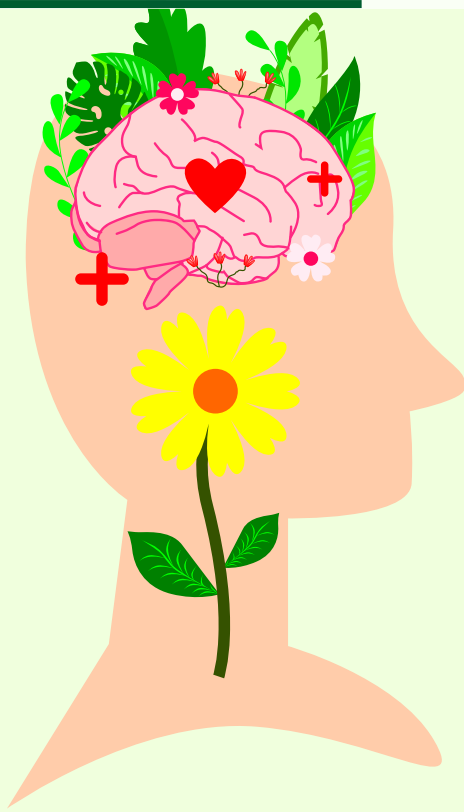


OUR PRO TIPS



BEFORE MAKING A PHONE CALL OR WALKING INTO A MEETING FOR WORK, TAKE A FEW MOMENTS TO PAUSE AND REFLECT. FOCUS ON AN ANCHOR - LIKE YOUR BREATH. DURING THIS TIME EXPLORE YOUR FEELINGS ABOUT THE MEETING, BECOME AWARE OF ANY FEELINGS: FEAR, ANXIETY, EXCITEMENT, GRATITUDE OR WHATEVER IS THERE. NOTICE THE INTERNAL MESSAGING ABOUT THE MEETING OR CALL. COMING INTO AWARENESS WILL MAKE YOU MORE PRESENT FOR THE DISCUSSION.

FOR MINDFULNESS PRACTICE

PRACTICAL TIPS FOR EVERYONE

FINDING TIME TO PRACTICE CAN BE CHALLENGING. BLOCK OFF TIME ON YOUR CALENDAR EACH DAY FOR PRACTICE. THIS WILL ENABLE OTHER EVENTS, MEETINGS, WORK AND FAMILY ACTIVITIES TO BE BOOKED AROUND THIS TIME FOR THE MOST PART. WHILE YOU MAY NEED TO MOVE YOUR FORMAL PRACTICE, YOU'LL FIND MOST DAYS YOU KEEP TO YOUR PLAN.

FIND WAYS TO BE CREATIVE ABOUT YOUR FORMAL PRACTICE. FIND A NEW FAVORITE PLACE FOR SITTING MEDITATION; DO YOUR BODY SCAN IN THE BATH OR GO TO YOUR LOCAL PARK FOR YOUR WALKING MEDITATION.

PRACTICE MINDFULNESS WITH YOUR FAMILY: TAKE A FEW MOMENTS BEFORE EACH MEAL TO EXPRESS GRATITUDE FOR EACH OTHER AND THE MEAL ITSELF. EAT MINDFULLY WITH YOUR PARTNER, SIGNIFICANT OTHER OR FAMILY. DISCUSS YOUR OBSERVATIONS OF YOUR EXPERIENCE AND MEAL.



ALWAYS LOOK TO FIND NEW WAYS OF DOING SOMETHING THAT YOU DO EVERYDAY. REORDER YOUR MORNING ROUTINE; USE A DIFFERENT DOOR; SIT IN A DIFFERENT CHAIR AT YOUR TABLE; USE YOUR OTHER HAND; FIND A DIFFERENT ANSWER TO “HOW ARE YOU?” EXPERIENCE SOMETHING DIFFERENT EACH DAY AND CREATE A NEW PATHWAY.



USE A TIMER WHEN YOU'RE DOING FORMAL PRACTICE. THIS WILL HELP YOU REMAIN FOCUSED ON YOUR PRACTICE VERSUS WORRYING ABOUT THE TIME AND YOUR SCHEDULE



IF YOU CATCH YOURSELF IN AUTOMATIC RESPONSE TO SOMETHING, PAUSE AND COME TO STILLNESS, THEN TAKE WHATEVER ACTION YOU DECIDE TO TAKE AT THAT MOMENT. BEING AWARE WE ARE IN AUTOMATIC PILOT/REACTION ZONE IS THE FIRST STEP TO CHANGING OUR LIVES.



DURING YOUR SHOWER, PAY ATTENTION TO THE SENSATION OF THE WATER ON YOUR SKIN, THE SCENT OF YOUR SOAP, AND THE SOUND OF THE WATER FLOWING. LET THE SHOWER BE A SENSORY EXPERIENCE.