



## Mindful Tips

### **Starting the Day**

In the shower - feel the steam flow in through your nostrils and imagine it expanding in the empty cavity of your chest.

Feel the water flow down from your head and stream all the way down your body, over your neck, your shoulders, arms, back and chest all the way to your toes, and then run off down the shower drain.

### **Before Entering a Meeting**

Pause, notice your feet on the ground and do a quick scan from head to toe, noticing how you feel in your body and any thoughts that are there, acknowledge them and label them then choose how you intend to show up. Taking more breaths and more time if required.

### **Transition Pause**

Every time you change tasks or check an email take a short pause to take a breath and notice your feet grounded on the floor and do a quick body scan noticing any areas of tension and letting it flow out with the breath.

### **Mindful Coffee**

Use your coffee as a mindful opportunity. Tune into your senses as you;

Notice the patterns on the cup or the tea leaves or the pattern in the froth.

Smell the aroma of the coffee or Tea etc

Notice the taste

Feel the warmth of the cup and as the drink flows inside of you.

Notice what you can hear maybe the crackling of the froth or the sound of your heart beating.

### **Journaling exercise.**

Writing things down helps us to process our thoughts. By letting our thoughts flow we can explore thoughts and feelings.

Some journaling prompts you might find useful are:

- I am feeling....
- I am aware of....
- I am motivated by ....
- I am upset because ....
- I am anxious because...

Spend a few mindful moments with this exercise every day to help you process your thoughts and feelings



Leanne Camilleri Wellbeing – Resilience - Mindfulness

### **Mindful Walking**

Begin by standing with your feet firmly planted on the ground.

Let your hands rest easily, wherever they are comfortable.

Open your senses to see and feel the whole surroundings.

Feel the pressure on the bottoms of your feet and the other natural sensations of standing.

Let yourself be present and alert.

Begin to walk a bit more slowly than usual. Let yourself walk with a sense of ease and dignity. Relax and let your walking be easy and natural, as if you were a king or queen out for a royal stroll.

Pay attention to your body. With each step feel the sensations of lifting your foot and leg off of the earth. Then mindfully place your foot back down. Feel each step mindfully as you walk.

You can experiment with the speed, walking at whatever pace keeps you most present. Use the walking meditation to calm and collect yourself in your body.

### **Useful Apps and Links**

It is my heartfelt hope that the following information is of value to you. These resources are scientifically developed and will help you in your wellbeing journey.

**Mindfulness:** Remember to continue to practice

Smiling Mind - <https://www.smilingmind.com.au/smiling-mind-app>

Insight Timer - <https://insighttimer.com/>

Calm - [www.calm.com](http://www.calm.com)

### **Self Regulation:**

VIA Character Strengths - [www.viacharacter.org/](http://www.viacharacter.org/)

Mood Meter – [www.moodmeterapp.com/](http://www.moodmeterapp.com/)

Happify - [www.happify.com/](http://www.happify.com/)

Superbetter – [www.superbetter.com](http://www.superbetter.com)

Join my closed Facebook page [UNWIND](#). This CLOSED group is for participants of my mindfulness and wellbeing workshops. You will find articles, exercises and information to help you on your mindful journey. Please ensure you say you are from FMN Org.