

# MINDFULNESS

One of the most effective ways to practice mindfulness is through meditation, a traditional technique which has been embraced across the world for thousands of years.

## FOLLOW OUR MEDITATION TIPS:



**TIME AND PLACE:** Start by choosing a quiet location for your meditations, which is free from distractions and available at the same time every day, so you can consistently replicate the same conditions as you relax.



**SET A TIMER:** Start with 5 minutes and increase the time as you become more comfortable with the practice and adapt it to suit your lifestyle.



**TAKE A DEEP BREATH:** As you start take a deep breath, in through your nose and out through your mouth, to help you relax, continuing to focus on your inhales and exhales as you let go of your thoughts, feelings and distractions.



**REFLECT:** When the timer goes off, take a few minutes to reflect on your experience and remember to always stay in the present, by letting go of past anxieties and future concerns.



## WHAT ARE THE BENEFITS?

**MENTAL CLARITY:** By making an effort to remain in the present moment by exploring our thoughts, feelings and surrounding environment, we create a heightened state of internal awareness which improves our focus.



**REDUCED STRESS:** Mindfulness can help us to better cope with the demands of our modern lives, as it helps lower our levels of stress, anxiety and depression, by reducing the amount of cortisol (the stress hormone) in our system.

