

# STAY MINDFUL THROUGHOUT YOUR DAY

## TAKE A BREATH

Close your eyes while you breathe and follow each breath in and out of your body.

## LEARN TO FOCUS

Stop wearing that 'multi-tasker' badge of honour and let yourself focus on one task at a time.

## SLOW DOWN

There's no need to do everything on a high speed! It leads to high stress levels and more mistakes.

## LET GO OF EMOTIONS

Recognise the emo-

## CONNECT WITH NATURE

Get outside and feel the sun on your skin or the wind in your hair.

## EAT WELL

Give yourself some space around each meal to enjoy your food and rest,

## RE-SET BREAKS

Build a couple of re-set breaks into your day to check in with yourself and let go of any issue.

## RELEASE

Listen out for the moments when judgement rears its head