



Easy Mindfulness

Simple ways to give your mind a break.



1 A MINDFUL SCRIBBLE

- Grab any pen, a piece of paper and scribble!
- You don't need to create a masterpiece or even anything recognisable
- Sometimes just letting your brain flow is exactly what it needs to refresh

2 MINDFULNESS TO MUSIC

- Pick a song
- Listen to the sounds and the words
- Notice when your mind drifts and try to focus your attention back on the music
- Have a dance around
- Notice how it makes you feel



3 MINDFUL WALKING

- Tune your focus into the action of walking
- How do your arms move?
- How does your foot feel when it lifts and falls?
- You could do this any time, anywhere
- Even if it's just for a minute, it gives your mind a break

