

company,

MINDFULNESS

more than meditation.

Is your mind FULL, or Mindful?

mindfulness is the new Netflix.

I mean it obviously absolutely isn't, but how nice would it be if after a tough day people started sending you home with good advice, like, "get yourself off and do a spot of mindfulness hun". Instead of, "you'll need a wine later!". We are absolutely terrible as a culture for disparaging our abilities to feel better by using what we already have - our selves. Mindfulness is your inherent and - often untapped skill, a way of calming your mind and centring your focus.



It changes your brain, physically.

A study found that a mere 10 minutes of mindfulness a day actually shrinks the grey matter of your amygdala, which is the part of your brain responsible for your fight or flight responses. If your amygdala is large and in charge, demanding a fair amount of your brains energy, then of course you're going to be feeling triggered all over the shop. Your amygdala is your anxiety centre, but it can get, *metaphorically speaking*, overstuffed & overworked, & whilst we don't want complete redundancies across the board (it still has it's uses) we do want to make a couple of choice cuts, trimming the managerial middle & keeping core employees only.

It helps you to find clarity, build resilience

Not only do we tackle the old amygdala, we improve the functioning of your frontal lobe and hippocampus. The pre-frontal cortex is the area of your brain responsible for things like planning, problem solving, and controlling your emotions. With a spot of mindfulness, the grey matter in this area can thicken resulting in increased activity. This suggests we're using logic over panic & leaning in to our ability to cope. Another fun area, known as the hippocampus helps your memory and learning. This little gem also happens to thicken after practising mindfulness. So not only are we now better equipped to problem solve, we have the improved capacity to remember it.



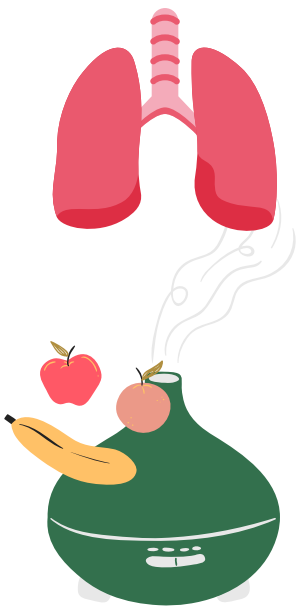
MINDFULNESS

different strokes for different folks

Mindfulness comes in all shapes & sizes - here's 4 of 'em:



Meditation: Settle in. Find a quiet space, breathe deeply, close your eyes & relax. Starting easy, but here comes the kick - Stay. Focused. Thoughts will try to pull your attention away from the natural breath, your job is to redirect your attention back each time. Set a timer, start small but meaningful, 3 minutes each morning, & build.



Breathing: A little different from above, because this time we're controlling the breath itself. Inhale for 5 seconds, hold for 1, exhale for 7. If that's too much like the lung olympics, try 3 seconds in, 1 hold, 5 seconds out. Your entire intention is to control and focus on the breath. As above, set a little timer, & enjoy the dual benefits of breath work & mindfulness combined.

5 Senses: oh she's a fun one - this involves food. So you can either pop a nice candle on, have walk in a floral field, or eat something especially tasty. This is about pulling focus entirely to the senses, touch, taste, sound, scent & of course, what you can see. Keep your mind on the moment, which means everything you can sense from that moment.



PMR: What's PMR I hear you say? Progressive Muscle Relaxation. This is another 2-4-1 in the coping strategies category, where you tense a group of muscles as you breathe in, and you relax them as you breathe out. Working on your muscle groups individually, start from the feet up. Two outcomes here: 1, releasing existing tension you didn't know was there i.e. releasing anxiety/trauma from your body. 2, the focus required makes for mindful work.

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MY MINDFULNESS

Each day, try something mindful, make a plan, stick to it, & make a note of anything you notice.

MONDAY MINDFUL MOMENT

TUESDAY TAKING TIME

WEDNESDAY WATCHFUL WANDER

THURSDAY THINKING THROUGH

SATURDAY SERVING SENSES

FRIDAY FEELING PMR

SUNDAY SENSORY
