

19 April 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Mindfulness

*This week's challenge focuses on being more mindful. We live in a world where everything is fast & continually evolving so it's easy to feel overwhelmed by it all at times.*

*Mindfulness is about being fully present and in the moment, aware of our surroundings & of what we are doing as opposed to going through things robotically. It's about finding joy, happiness & satisfaction in the little things, everyday things or what we take for granted. For example, the next time you wash up, really feel the warmth of the water on your hands, notice what's sticky, soapy or greasy, pay attention to different sensations & thoughts...*



*Monday - Take 5 minutes to sit quietly, breathing slowly & following your breath. What feelings are you experiencing? What can you hear you've not noticed before? What can you see? Record your findings.*

*Tuesday - I'm the first person for multitasking... If that's you too, today, focus only on one thing at a time. How is it making you feel? How easy are you finding it? Could you do it more often?*

*Wednesday - Release tension. You can do this in many ways. You can stretch your body, let your emotions flow by crying or laughing, writing down what's been on your mind, have a long bath or shower, .etc.. Record how it made you feel.*

*Thursday - Engage all of your senses in normal everyday activities. Pay attention to your thoughts, the sounds around you, what things taste like, look around you as if it was the first time. What do you notice?*

*Friday - Keep the time you spend on your phone to a minimum and notice how often you reach for it to fill time. Does it surprise you? Were you aware it was this much? What could you do instead?*

*Saturday - Spend time in nature to reconnect and ground yourself. If you can walk barefoot, even better. what are you experiencing? Is it enjoyable How does it make you feel?*

*Sunday - Slow down. Do as little as you can and be still. Enjoy each moment and be fully present. Take your time to do things, to speak and to really listen. Refrain from rushing.*