

LIVING MINDFULLY IN UNCERTAIN TIMES



BECOME AWARE OF ALERT SIGNALS

The body has different ways of letting us know that we are under threat or, that we need to pay attention. These alert signals can be useful, but only if we are able to listen to them and respond in a helpful way.

TAKE TIME OUT

Setting aside time each day for mindfulness meditation practice can be useful. It can prepare us for the day or task ahead, bringing us into the present moment. The here and now.



DO SOMETHING THAT MAKES YOU FEEL GOOD!

There are many nourishing activities that you can do at home. Here's a list to start with but you might find yourself adding to it as the days and weeks go on.

MOVE MINDFULLY

Bring awareness to the way you move throughout the day.

Gentle exercise can be a great way to tune in to your body and to acknowledge where you might be holding tension.

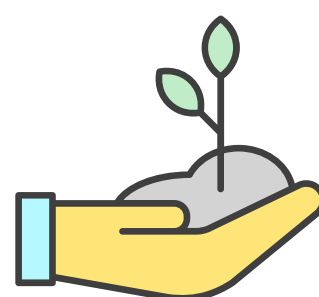


PAY ATTENTION TO SMALL, IMPORTANT ACTIVITIES

You could use washing hands as a mindful activity. Each time you wash your hands, take this time to slow down and to come into the present moment, paying attention to seeing, listening, feeling the water and soap on the skin, the hands and fingers.

BE KIND TO YOURSELF

You will never speak to anyone more than you speak to yourself in your mind.
Be kind to yourself




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