

# 5 SIMPLE TIPS

## Mindfulness for beginners



### Think breathing.

Focus on your breathing: Breath in for five, hold for three, breath out for five. Repeat 5 times



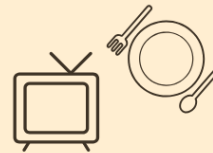
### Notice your senses.

Name one thing each: Taste, smell, touch, hear and see



### Body Scanning.

From head to toe, spend 15 seconds with each part of your body thinking about how it feels and where you are holding tension



### Do one thing at a time.

When eating, just eat. When watching tv, just watch. When emailing, just email



### Practice mindful eating and walking.

Without distractions explore textures, temperatures, connect your feet to the floor etc

