

MINDFUL CHECKLIST:

30 Second Practices

S M T W T F S

Use a scented product (such as moisturiser, perfume, hair spray etc) and tune in to your sense of smell for a few seconds.

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Do a breathing practice.

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Give someone you love a big hug and immerse yourself in the experience.

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Listen to a song and try to pick out the different instruments, hear the rises and falls of the voice. How does the song makes you feel?

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Connect with someone on social media.

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Acknowledge a feeling. At any given moment, ask yourself how you're feeling right now (don't label the feeling as good or bad).

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Notice the weather.

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Make a conscious choice.

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Wear a piece of mindful jewellery and each time it catches your attention, take one deep breath.

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Practice gratitude by taking a few moments each day to notice three things you can be grateful for.

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Use a spice or herb in your meals and notice the aroma and flavour it provides.

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Let go of judgement in situations you normally perceive as "negative."

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Be aware of the moment as you climb into your bed at night.

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When you wake up, set yourself an intention to be mindful and present throughout your day.

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Close your eyes and listen to all the sounds around you.

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Smile! Observe how it feels.

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Place your hands over your heart and feel it beating.

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Look around you and list ten things you can see.

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Open and close doors mindfully. Rather than letting a door slam, be intentional with your actions and close it gently.

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MINDFUL CHECKLIST:

5 Minute Practices

S M T W T F S

Take a mindful shower by paying attention to the temperature of the water and the sensation of it falling on to your skin.

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Decorate your work or living space with a meaningful quote.

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As you wash the dishes, pay attention to the warmth of the water, the slippery soap and the weight of the dishes in your hands.

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Brush your teeth mindfully.

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Stretch your body and observe the sensation of lengthening or releasing tension.

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Become a more mindful listener by genuinely listening when other people are talking to you.

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Urge surf. Notice when the urge arrives and explore how long you can feel it before acting on it.

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Drink water mindfully.

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Cloud watch.

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Understand your self-talk.

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Journal mindfully by taking a few minutes to write down everything important to you in that moment.

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Choose a mindful morning activity and incorporate it into your daily routine.

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Do a body scan.

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Use a mindfulness app, such as Calm.

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Be conscious of what you agree to! Try being more assertive and only say yes when you genuinely want to.

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Pay attention to your hands. They go through so many different movements and it can be really interesting to watch them in action.

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Practice mindfulness while you lie in bed at night.

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Light a candle and watch the flame.

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Remove the rush.

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MINDFUL CHECKLIST:

Longer Practices

S M T W T F S

Try yin yoga for a gentle and immersive stretching experience.

Go for a mindful walk by noticing and acknowledging as many different colours as you can find.

Use a mindful colouring book.

Give yourself a massage or pampering treatment.

Spend some time near water and watch it.

Challenge yourself to go on a mindful adventure- a date with yourself (or someone you care about). For a unique/different experience.

Cook mindfully. Pay attention to the different processes, such as chopping, stirring, opening containers, pouring, lifting and serving.

Become grounded by taking off your shoes and socks. Pay attention to the connection between your feet and the ground beneath you.

Laugh! Bonus tip: Attend a laughter class if you're finding it difficult to do this practice on your own.

Watch the sunrise (or sunset). Notice the colours, the patterns in the sky, how you feel and the light.

Be a mindful commuter.

Place a bunch of flowers in your home. Whenever they catch your eye, take a moment to appreciate their colours and form.

Listen to a podcast about mindfulness, such as my podcast, The Mindful Kind, for even more mindfulness inspiration!

NOTES: