

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The main text is centered on the page.

HARMONIZING LIFE

"CULTIVATING STRUCTURE AND BALANCE BY
UNDERSTANDING THE BENEFITS OF
MINDFULNESS"



FIND HARMONY IN
THE STILLNESS OF
YOUR MIND, WHERE
MINDFULNESS AND
BALANCE DANCE IN
PERFECT
SYNCHRONY.

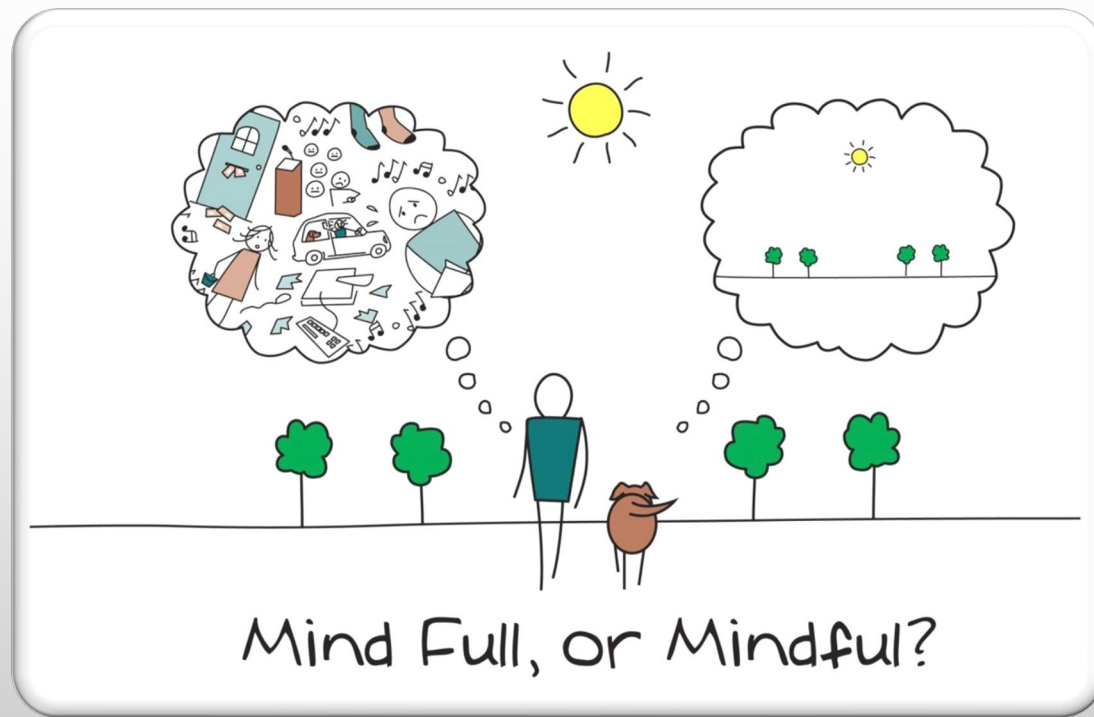


Mindfulness is a mental practice where you pay close attention to the here and now.

BENEFITS OF PRACTICING MINDFULNESS



- STRESS REDUCTION:
- IMPROVED MENTAL HEALTH
- ENHANCED FOCUS
- BETTER EMOTIONAL REGULATION
- GREATER SELF-AWARENESS
- PHYSICAL HEALTH
- RELATIONSHIPS
- RESILIENCE



THE FOUR T'S OF MINDFULNESS

TUNE IN

TUNING IN MEANS TO BE AWARE
OF WHAT IS HAPPENING IN THE
PRESENT MOMENT.

IT IS ABOUT BEING OPEN TO
WHATEVER IS HAPPENING IN THE
MOMENT, WITHOUT TRYING TO
CONTROL IT.





TAKE A STEP BACK

IT'S THE IDEA TO TAKE A TEMPORARY BREAK OR A DELIBERATE DECISION TO REEVALUATE AND RESET.

IT DOESN'T MEAN GIVING UP ON YOUR GOALS OR AMBITIONS.

INSTEAD, IT'S A STRATEGIC MOVE TO REGROUP, GAIN PERSPECTIVE, AND REFOCUS YOUR EFFORTS MORE INTENTIONALLY AND BALANCED.



TAKE CARE

THIS MEANS TO BE KIND AND COMPASSIONATE TOWARDS OURSELVES, AND TO TREAT OURSELVES WITH RESPECT AND UNDERSTANDING.

TAKING CARE OF OURSELVES CAN HELP US TO BE MORE MINDFUL OF OUR THOUGHTS AND FEELINGS, AND TO RESPOND TO THEM IN A MORE MINDFUL WAY.

TRUST YOURSELF

THIS MEANS TO TRUST THAT YOU KNOW WHAT IS BEST FOR YOU, AND TO TRUST THAT YOU CAN MAKE THE RIGHT DECISIONS FOR YOURSELF.

TRUSTING YOURSELF CAN HELP YOU TO BE MORE MINDFUL OF YOUR THOUGHTS AND FEELINGS, AND TO RESPOND TO THEM IN A MORE MINDFUL WAY.

HOW DO WE ACCOMPLISH THE 4 T'S?

BEGINNER'S MIND:

APPROACH MINDFULNESS WITH A BEGINNER'S MINDSET.

BE OPEN AND CURIOUS, WITHOUT PRECONCEIVED NOTIONS.

SET ASIDE TIME:

DEDICATE A SPECIFIC TIME EACH DAY FOR MINDFULNESS PRACTICE.

YOU CAN START WITH JUST A FEW MINUTES AND GRADUALLY INCREASE THE DURATION.

BE NON-JUDGMENTAL:

MINDFULNESS IS ABOUT NON-JUDGMENTAL AWARENESS.

WHEN YOUR MIND WANDERS, DON'T CRITICIZE YOURSELF.


SIMPLY ACKNOWLEDGE IT AND GENTLY BRING YOUR FOCUS BACK TO YOUR CHOSEN POINT OF ATTENTION.



EMPLOYING MINDFULNESS

CONSISTENCY:

MINDFULNESS IS A SKILL THAT IMPROVES WITH PRACTICE. BE CONSISTENT IN YOUR EFFORTS, AND DON'T BE DISCOURAGED IF YOUR MIND OFTEN WANDERS. OVER TIME, IT WILL BECOME EASIER TO MAINTAIN YOUR FOCUS.



FOCUS ON WHAT YOU CAN CONTROL



**Your
attitude**



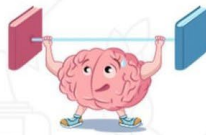
**Your
habits**



**Your
selfcare**



**Your
breath**



**Your
effort**



**Your
priorities**



**Your
perspective**



**How you
spend your time**



**How you talk
to yourself**



A graphic with a dark grey background. In the center is a black outline of a human head in profile, facing left, with a brain inside. The text "MINDFULNESS TECHNIQUES" is written in white, bold, uppercase letters across the brain. The background is decorated with various elements: several realistic-looking water droplets of different sizes, some red plus signs, some red exclamation marks, and some small yellow dots. The overall aesthetic is clean and modern.

**MINDFULNESS
TECHNIQUES**

TWO TECHNIQUES TO FOLLOW

Traditional meditation:

You sit undisturbed and pay attention to your breath and body.

Activity meditation:

You focus your attention while doing daily activities like walking or washing dishes.

CAN YOU MEDITATE IN 1 MINUTE?

- THE SHORT ANSWER IS YES, YOU CAN.
- THINK OF A 1-MINUTE MINDFULNESS EXERCISE LIKE THE BRAKES IN YOUR CAR. THE IMPORTANT THING IS THAT YOU STOP — NOT SO MUCH THE LENGTH OF YOUR STOP. YOU MAY FIND YOURSELF LOOKING FORWARD TO PUTTING THE BRAKES ON YOUR HIGH-SPEED LIFE WITH ONE OF THESE 1-MINUTE BREATHERS.

MEDITATION

- RESEARCH IN 2019 SUGGESTS THAT REGULAR MEDITATION OF A SHORT DURATION CAN HAVE SIMILAR HEALTH BENEFITS AS MEDITATIONS OF LONGER DURATION AND HIGHER INTENSITY.
- REGULAR DAILY PRACTICE SEEMS TO BE MORE IMPORTANT THAN THE LENGTH OF YOUR PRACTICE.
- AS YOU BEGIN STOPPING FOR 1 MINUTE A COUPLE OF TIMES A DAY, YOU MAY SOON FIND YOURSELF EXPANDING YOUR PRACTICE TO SEVERAL TIMES, OR EVEN 5 OR 6 TIMES, A DAY.

HOW DO YOU MEDITATE



JUST SIT

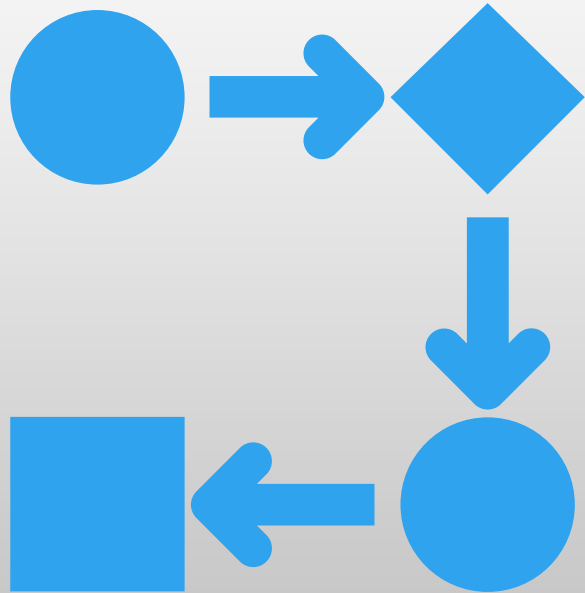
This is a basic meditation that could become the cornerstone of your mindfulness practice. It's easy to learn and is designed to be done in as little as 1 minute.

1. Sit up straight, but not stiffly, in a chair with your feet flat on the ground.
2. Place your hands in a balanced position and close your eyes.
3. Focus on your breathing, as you follow each breath in and out.
4. After 1 minute (or longer), gradually open your eyes and resume activities.



WALKING MEDITATION

You can start doing this meditation for 1 minute:

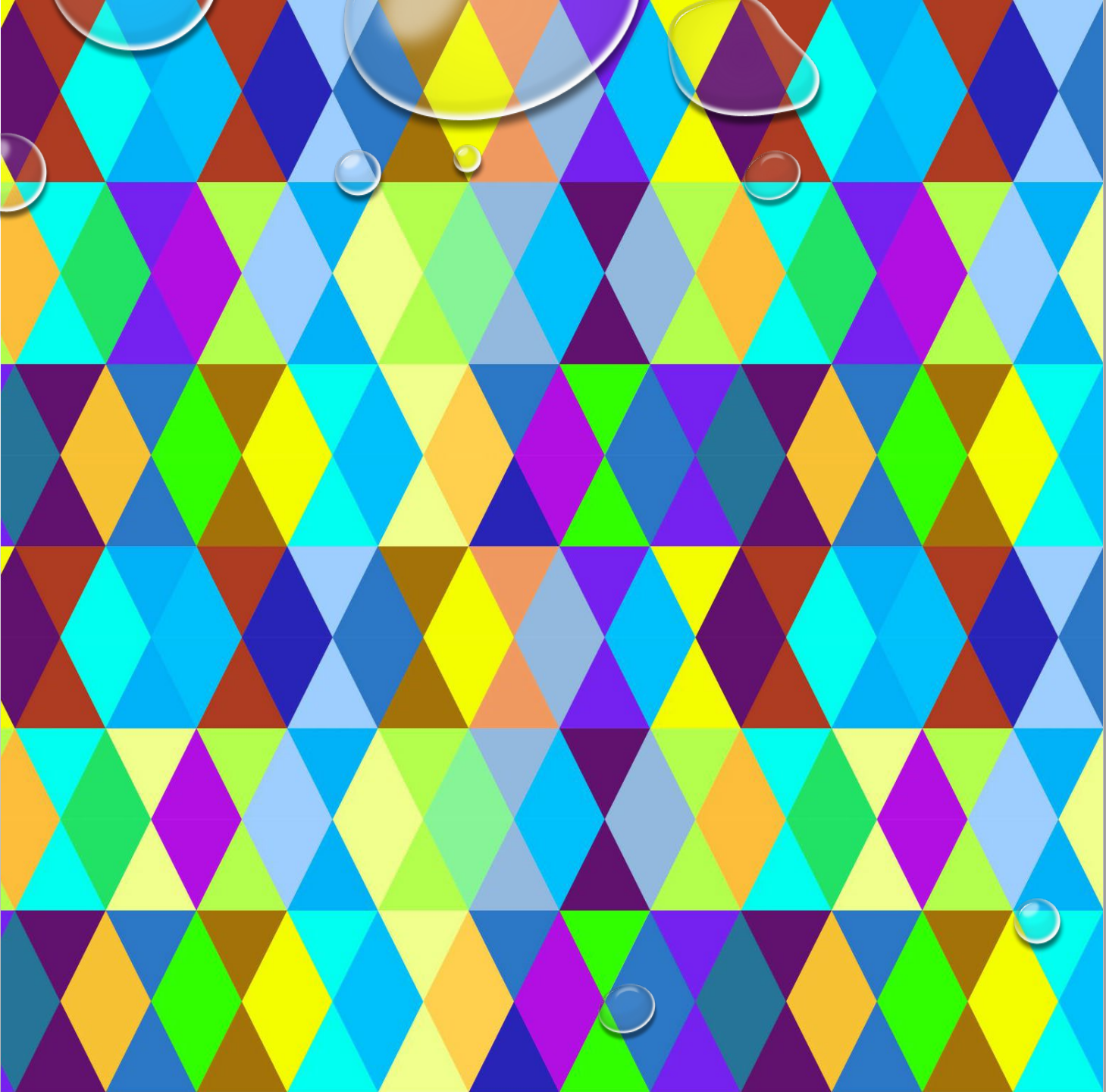


1. As you begin walking, pay attention to each step.
2. Notice how many steps you take during each inhale and exhale, and at the speed you're walking. Pay attention to your lungs, and do not force your breathing or the number of steps you take.
3. Match your steps to your breath. For example, as you breathe in, count 1-2-3 steps. As you breathe out, count 1-2-3 steps. Let your lungs and feet come to a happy equilibrium.



The first moments of waking are a wonderful time to practice mindfulness to greet the day:

1. Arrange your body in a comfortable position.
2. Stretch and let your attention scan your body quickly.
3. Pay attention to how each part of your body feels.
4. Follow several cycles of inhales and exhales for 1 minute.



B R E A T H I N G



TWO BREATHING TECHNIQUES

BOX BREATHING

IS A VERSATILE TECHNIQUE FOR REDUCING STRESS AND ANXIETY WITH A SIMPLE, EQUAL-COUNT PATTERN

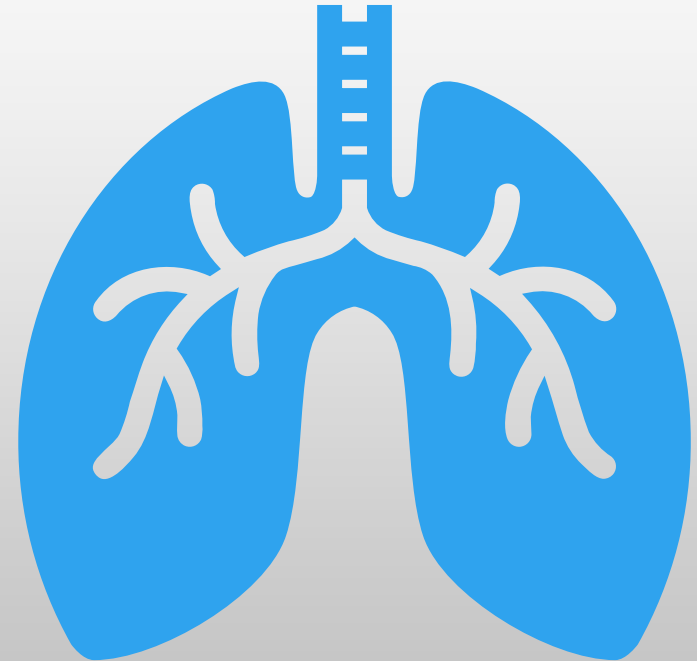
4-7-8 RELAXING BREATHING

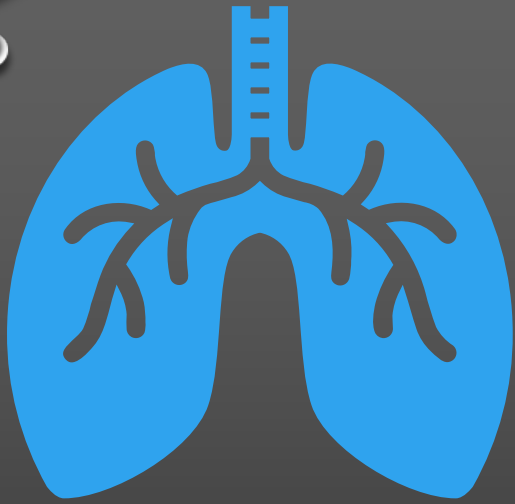
IS MORE FOCUSED ON PROMOTING RELAXATION, BETTER SLEEP, AND POTENTIALLY ADDRESSING STRESS AND ANXIETY BY EMPHASIZING A LONGER EXHALATION.

BOX BREATHING

You breathe in specific counts, while visualizing a box:

1. Inhale to the count of 4 as you visualize the top edge of a box.
2. Hold your breath for a count of 4, as you go down along the right side.
3. Exhale for a count of 4, moving from right to left along the bottom edge.
4. Hold for another count of 4, going up along the left side, back to the top.
5. Repeat for several cycles for at least 1 minute.





4-7-8 RELAXING BREATH

Sit or lie down in a comfortable position. Your eyes can be slightly opened or fully closed. Press the tip of your tongue to the roof of your mouth and open your mouth slightly. Exhale until all the air is released from your lungs.

1. Close your mouth and inhale through your nose for 4 – 8 counts (you can work up to 8 counts as your lung capacity increases).
2. Hold your breath for 7 counts.
3. Exhale very slowly for 8 counts.
4. Repeat steps 1-3 four times.



SELF MASSAGE

SELF-MASSAGING IS A GREAT BENEFIT TO ADDRESS STRESS AND FOCUS.



NECK AND SHOULDERS:

- NECK AND SHOULDER TENSION IS COMMON, ESPECIALLY IF YOU SIT AT A DESK FOR EXTENDED PERIODS.
- USE YOUR FINGERS AND THUMBS TO GENTLY KNEAD THE MUSCLES ON EITHER SIDE OF YOUR NECK AND SHOULDERS.
 - APPLY PRESSURE AS NEEDED, BUT BE GENTLE, AS THESE MUSCLES CAN BE SENSITIVE.
 - YOU CAN ALSO DO SHOULDER ROLLS TO HELP RELEASE TENSION.

SCALP MASSAGE:

- USE YOUR FINGERTIPS TO GENTLY MASSAGE YOUR SCALP IN CIRCULAR MOTIONS.
 - START AT YOUR FOREHEAD AND WORK YOUR WAY BACKWARD.
 - THIS CAN HELP RELIEVE STRESS AND PROMOTE RELAXATION.

HANDS AND FINGERS:

- GENTLY MASSAGE YOUR FINGERS AND HANDS, PAYING ATTENTION TO EACH JOINT AND FINGER INDIVIDUALLY.
- YOU CAN ALSO TRY ACUPRESSURE BY APPLYING PRESSURE TO SPECIFIC POINTS IN YOUR HANDS TO RELIEVE TENSION AND STRESS.

The image features a light gray background with a subtle gradient. Scattered across the top and bottom edges are several realistic water droplets of various sizes. Each droplet is rendered with a soft, white highlight on its upper-left side and a gentle shadow on its lower-right side, giving them a three-dimensional appearance. The text 'THE END' is centered in the middle of the frame.

THE END