



6 Mindfulness Tips for Thriving—and Surviving—in the Home Space

Working from Home? Then more than ever you need to – Be, Here, Now & Pause, Connect & Breathe

Be. Here. Now – Focus on your breath – Give your full Attention to the task – Avoid multi-tasking and losing focus

Take Regular Mindful Coffee Breaks – With deep breaths notice your surroundings – Then notice how you feel – Let your thoughts come and go without judgement – Be aware of the cup in your hand, the warmth you feel, the aroma and taste you experience as you take a sip

Use Mindful Post-Its – Write on each a daily affirmation or reminder; for example, “**Today I will...consciously pause and consider before I respond**” – Place prominently around your workspace or area, and if you want to go round the mirrors around the house work well too

Have a Pre-Meeting Mindful Stretch – Before you Zoom, Skype, WhatsApp or conference call, stand up, feet hip-distance apart – Lift your hands turning your palms facing forward and open your chest – Then with deep breaths be aware of your open-body posture and the sensation of fully stretching

Be a Mindful Listener – In every conversation, whether on-line, by mobile or landline, really listen to what is being said – Give your full Attention in the moment and listen for the “**song beneath the words**”; &

Keep a Gratitude Journal – Simply write down **three** things each day that make you feel grateful – Remember gratitude precedes happiness and each time you make an entry don't forget to focus on your breath

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