

BEING YOUR BEST



How can we use mindfulness to be our best self?
Here are some techniques you can try...



Visualise

- Close your eyes and picture a gently flowing stream. Imagine there are leaves floating on the surface of the stream
- For the next few minutes, each thought that pops in to your head, try to place it on a leaf. Your thoughts may show as words, pictures or something else
- This exercise isn't about trying to stop any thoughts, it's purely about being aware of them



Write

- Writing things down will help you to get thoughts out of your head and on to paper
- Writing your thoughts down also makes you more aware of them and can then help you to process them, put them in to order or decide what to do next
- You could keep a journal, or simply scribble the words out on paper to organise later



Exercise

- Mindful exercise is usually exercise you do alone, or in a quiet environment. Focus on the individual movements you make, your feet on the floor, your arms swinging
- You could practice mindful walking, yoga or swimming. These activities are good because you can focus purely on the activity, rather than on competing with others or winning a match



Meditate

- Meditation is what most people first think of when someone says mindfulness
- Just as you exercise to train your body, meditation is about training your mind
- Meditation does not have to be done sitting cross legged on a mat, you can sit in a chair or stand. It's more important that you're comfortable so that you can focus properly on your breathing and your thoughts



Breathe

- Try holding your left hand out just in front of you, using your thumb and index finger to make an 'L'. Using the index finger of your right hand, start at the top of your thumb
- As you breathe in, slide your finger along the edge of your 'L' shape
- When you reach the top, breathe out and slide your right index finger back down the 'L', do this until you feel calmer