

MINDFUL ACTIVITIES CHECKLIST

Mindfulness is a skill that requires practice and patience. Start with short sessions and gradually increase the duration as you become more comfortable. Find the activities that resonate with you and integrate them into your daily routine for the best results.

1: MEDITATION

This is one of the most well-known mindfulness practices. Sit in a quiet place, close your eyes, and focus your attention on your breath, a mantra, or a specific object. Meditation helps calm the mind and increase self-awareness.

2: MINDFUL WALKING

Take a walk and pay attention to your surroundings. Notice the sensations of your feet touching the ground, the sounds you hear, and the sights you see. Walking mindfully can help bring your attention to the present moment and enhance your connection with nature.

3: BODY SCAN

Lie down or sit comfortably and bring your attention to different parts of your body, starting from your toes and moving up to your head. Notice any sensations or tensions without judgment and allow yourself to relax and let go.

4: MINDFUL EATING

Engage all your senses while eating a meal. Pay attention to the colours, textures, smells, and flavours of the food. Chew slowly and savour each bite, noticing the sensations in your mouth and the process of swallowing.

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5: DEEP BREATHING

Take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth. Focus on the sensation of your breath entering and leaving your body. Deep breathing can help calm the nervous system and bring your attention to the present moment.

6: GRATITUDE PRACTICE

Take a few moments each day to reflect on and appreciate the things you are grateful for. You can write them down in a journal or simply think about them. Cultivating gratitude can shift your focus to the positive aspects of your life.

7: MINDFUL JOURNALLING

Write down your thoughts, emotions, and experiences in a journal. Use this practice as an opportunity to observe your thoughts without judgment and gain clarity about your inner world.

8: YOGA

Engage in a yoga practice that emphasizes mindfulness. Pay attention to the sensations in your body as you move through different poses and focus on your breath. Yoga combines movement and mindfulness to promote physical and mental well-being.

9: MINDFUL LISTENING

Choose a piece of calming music or nature sounds and listen to it attentively. Notice the different instruments, tones, and rhythms. Allow yourself to fully immerse in the auditory experience.

10: AFFIRMATIONS

Sit quietly and offer yourself a reminder of all the wonderful things that make you who you are. Offering yourself thanks for being who you are and doing what you do can feel empowering and cultivates compassion and connection with yourself.