

# 5 Mindfulness Ideas

Here are some mindful exercises for you to try.  
Tick the exercises that appeal to you.



## MINDFUL DRAWING, DOODLING OR COLORING

Depending on your preference, draw, doodle or color, focusing on the colors and the way your pencil or ink goes onto the paper or canvas. The idea isn't to create a great work of art but to fully experience the process of drawing, doodling or coloring without doing anything else simultaneously. If you enjoy coloring, you can use one of our Mindful Coloring Mandalas.

This appeals to me



## MINDFUL MEDITATION

You can easily find various guided mindfulness meditation activities online. The basic idea is to sit quietly, focusing on your breathing, thoughts, body and senses. Each time your mind wanders, gently bring it back to the present. Many people find that yoga is helpful as a way of concentrating on breathing and being in the present moment.

This appeals to me



## MINDFUL EATING

When eating or drinking, pay attention to taste, sight and textures of your food or drink. Focus on temperature, how the food or drink feels in your mouth and on your tongue, how sweet, savory or sour it is. The idea is also to eat or drink slowly, without distractions, and to stop eating when you are full.

This appeals to me



## MINDFUL EXERCISE

While walking or running try focusing on your body and its movement. Pay attention to each of your senses - touch, taste, sounds, sights and smells and try to be fully present in the moment.

This appeals to me



## BODY SCAN

A popular activity for beginners, the body scan is where you move through and mentally 'scan' each part of your body. Start at the top of your head and move all the way down to the end of your toes. As you scan each body part, focus on feelings of heat or cold and be alert to signs of tension in different parts of your body. Relax your muscles as you work through the scan. If helpful, use the Body Scan Chart to keep track of each body scan you complete.

This appeals to me

The ideas above are not exhaustive and mindfulness can be incorporated into many areas of your daily life. Mindfulness practice does not have to take up lots of your time - a few moments of mindfulness each day can build into a mindful habit over time