

YOUR MEDITATION



LISTS OF TEN

10 WAYS TO BE MINDFUL THROUGHOUT YOUR DAY

10 TIPS FOR SETTING UP YOUR MEDITATION PRACTICE

10 IDEAS TO JUMPSTART YOUR JOURNALING

10 OBJECTS OF FOCUS BESIDES YOUR BREATH

10 WAYS TO SHRUG OFF STRESS

10 WAYS TO SPEND MORE TIME OUTSIDE

10 WAYS TO BE MINDFUL WITH TECHNOLOGY

HEALTH BENEFITS

HERE ARE JUST A FEW OF THE REASONS TO MEDITATE!



INCREASES
HAPPINESS



DECREASES
STRESS



STRENGTHENS
IMMUNITIES



IMPROVES
MEMORY



SLOWS THE
AGING
PROCESS



INCREASES
COMPASSION



IMPROVES
PERSONAL
RELATIONSHIPS



IMPROVES
CONCENTRATION
& ATTENTION

MINDFULNESS PRACTICES



- **3 deep breaths**
- **Silent or guided meditation**
- **Sit Spot**
- **Journaling**
- **Afternoon tea or coffee ritual**
- **Eat mindfully**
- **Find things that delight you**

Exercises in MINDFULNESS



BREATH
AWARENESS



MINDFUL
EATING



MINDFUL
TECHNOLOGY



BODY SCAN