



Taking a Mindful Few Moments

Often we get caught up in our thinking worrying mind. See instead if you can become aware of points in your body, and notice where you are holding tension or tightness in your body. You can try this while you're waiting for the kettle to boil or sitting with your cup of tea.

Take a moment to pause and notice if there is any tension in your body. Maybe in your neck or shoulders. See if you are holding your breath or maybe holding your stomach in. Do you have a habitual frown? Is there strain around the eyes? You may notice this now while you are reading this.

This simple act of noticing awakes our awareness and often brings its own natural release. See if you can gently breathe into these areas of tension. Let yourself relax further as you breathe three long deep outbreaths.

Then celebrate with a smile. You have brought some kindness to yourself today!