



Strive Mindfulness Newsletter July 2017

Mindfulness is about bringing one's complete attention to the present experience on a moment-to-moment basis.

Fact of the Month



5 ways to bring mindfulness into everyday life

1. Being mindful whilst brushing your teeth
2. Being mindful whilst having a shower
3. Being mindful during your commute
4. Being while washing up
5. Being mindful whilst waiting in a queue

Retrieved from: <http://www.dailygood.org/story/497/5-ways-to-bring-mindfulness-into-everyday-life-headspace-com/>

Article of the Month



"7 ways to be mindful every day"

By Margarita Tartakovsky | 2012

Link: <http://psychcentral.com/blog/archives/2012/06/09/7-easy-ways-to-be-mindful-every-day/>

HAVING A SHOWER

Be mindful of the wave of pleasure as the **warm water** washes over you; mindful of the **smell** of the shower gel, soap or shampoo.



headspace.com

App of the Month

Imindfulness



Link: <https://itunes.apple.com/au/app/imindfulness-mindfulness-meditation/id473747142?mt=8>

Engaged People Thriving at Work

#StriveToBeMindful #Mindful2017



Brisbane: Level 2 18 Finchley St Milton 4064
Gold Coast: Level 9, 1 Corporate Crt, Bundall 4217
Cairns: 14 Spence St, Cairns 4870
Townsville: Level 1, 25 Sturt St, Townsville 4810

Also servicing: Northern NSW, Sunshine Coast, Bundaberg, Hervey Bay, Rockhampton, Mackay and Gladstone.

