

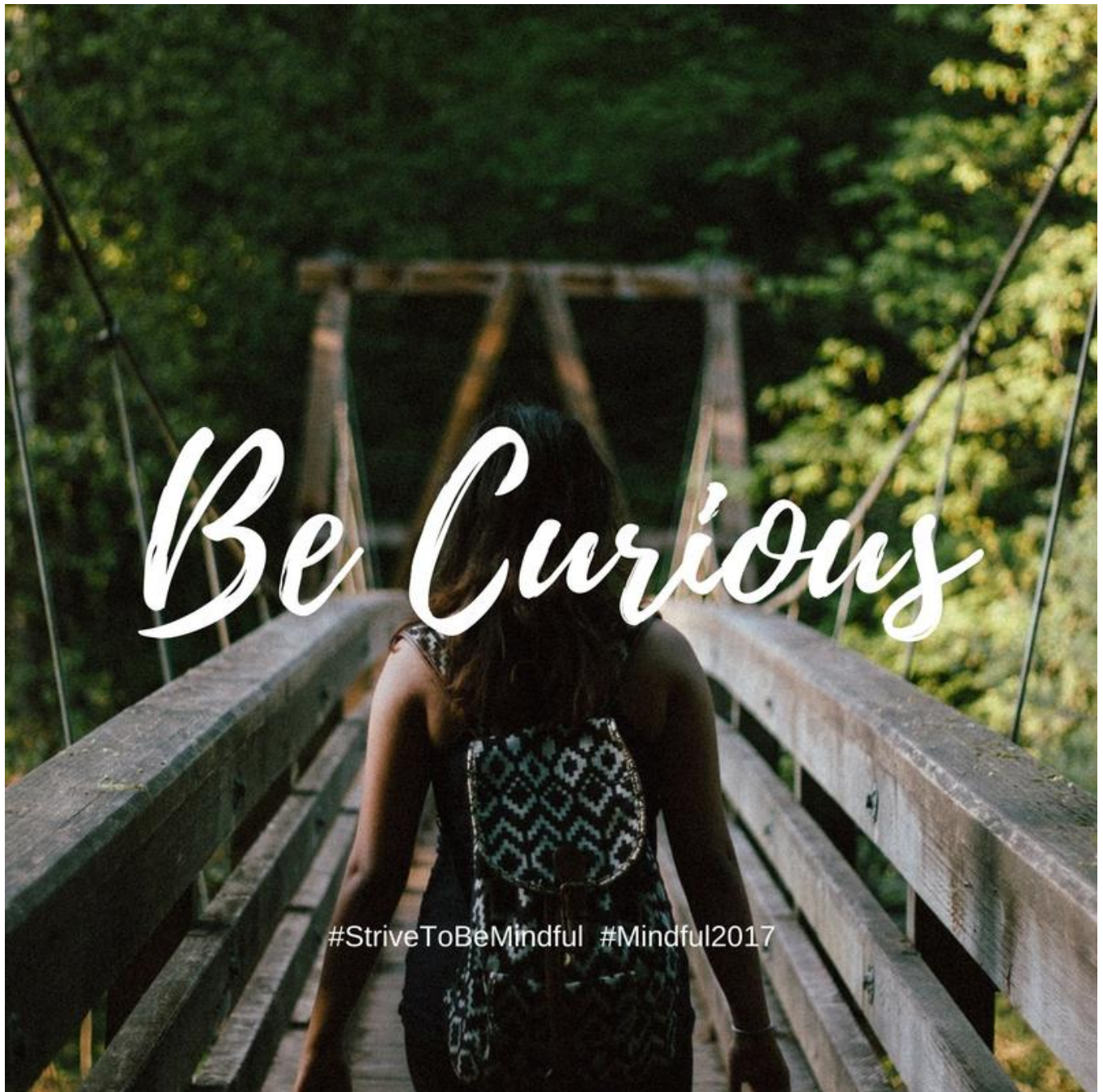


MINDFUL IN MAY

QUICK TIPS TO GET SOME
MINDFULNESS INTO YOUR DAY



1. Be curious.



Be curious about what's happening around you, within you and in your life. If we are more curious about our experiences we are more likely to be aware to different thoughts and feeling and respond appropriately.



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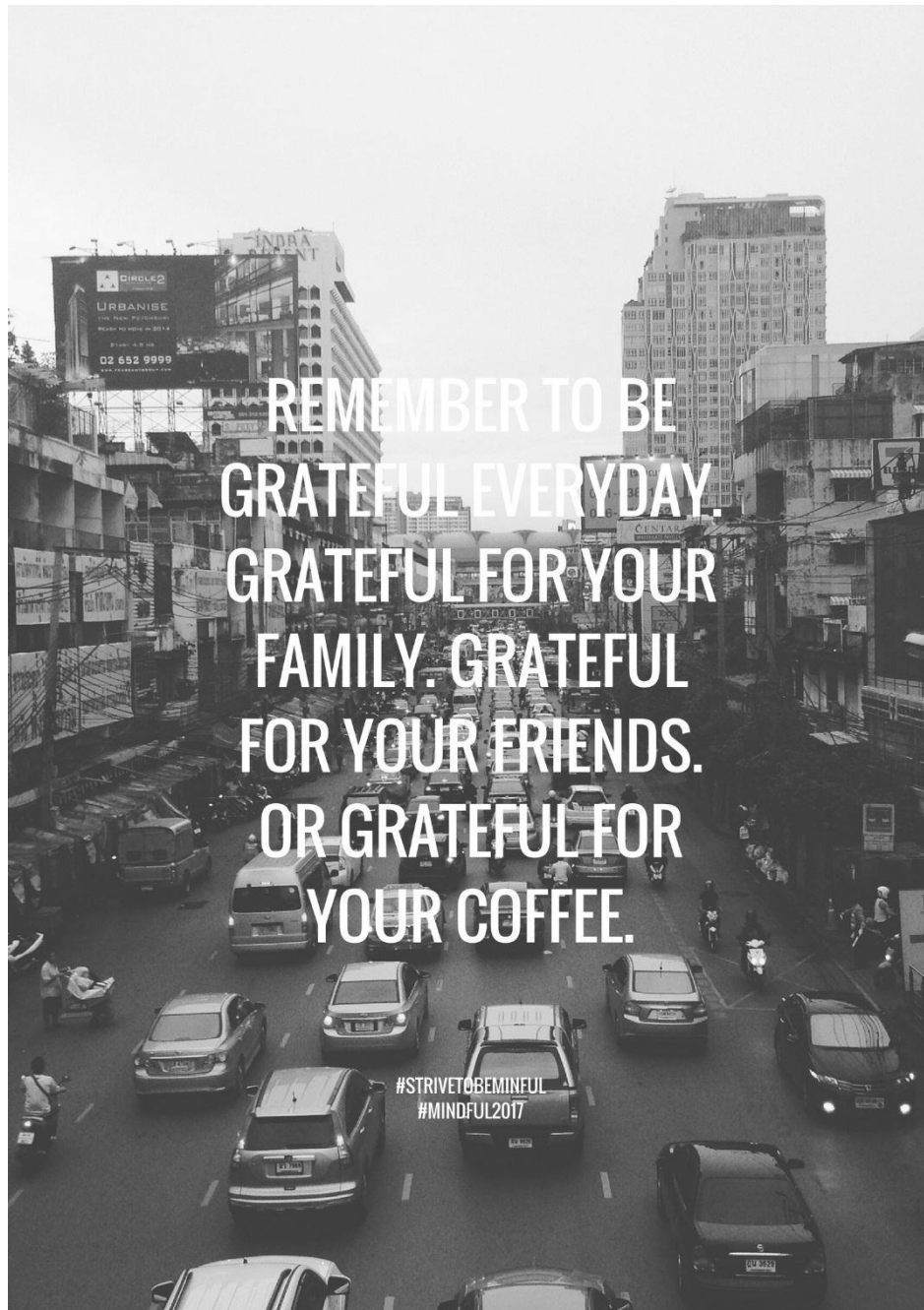


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2. Be grateful.



Gratitude is a core part of mindfulness and a key component in living a life of fulfilment and enjoyment. It's important that we are able to stop, pause and recognise all the good things we have in our life. It's important that we can recognise the beauty, joy, happiness and overall good vibes that these good things bring into our life.



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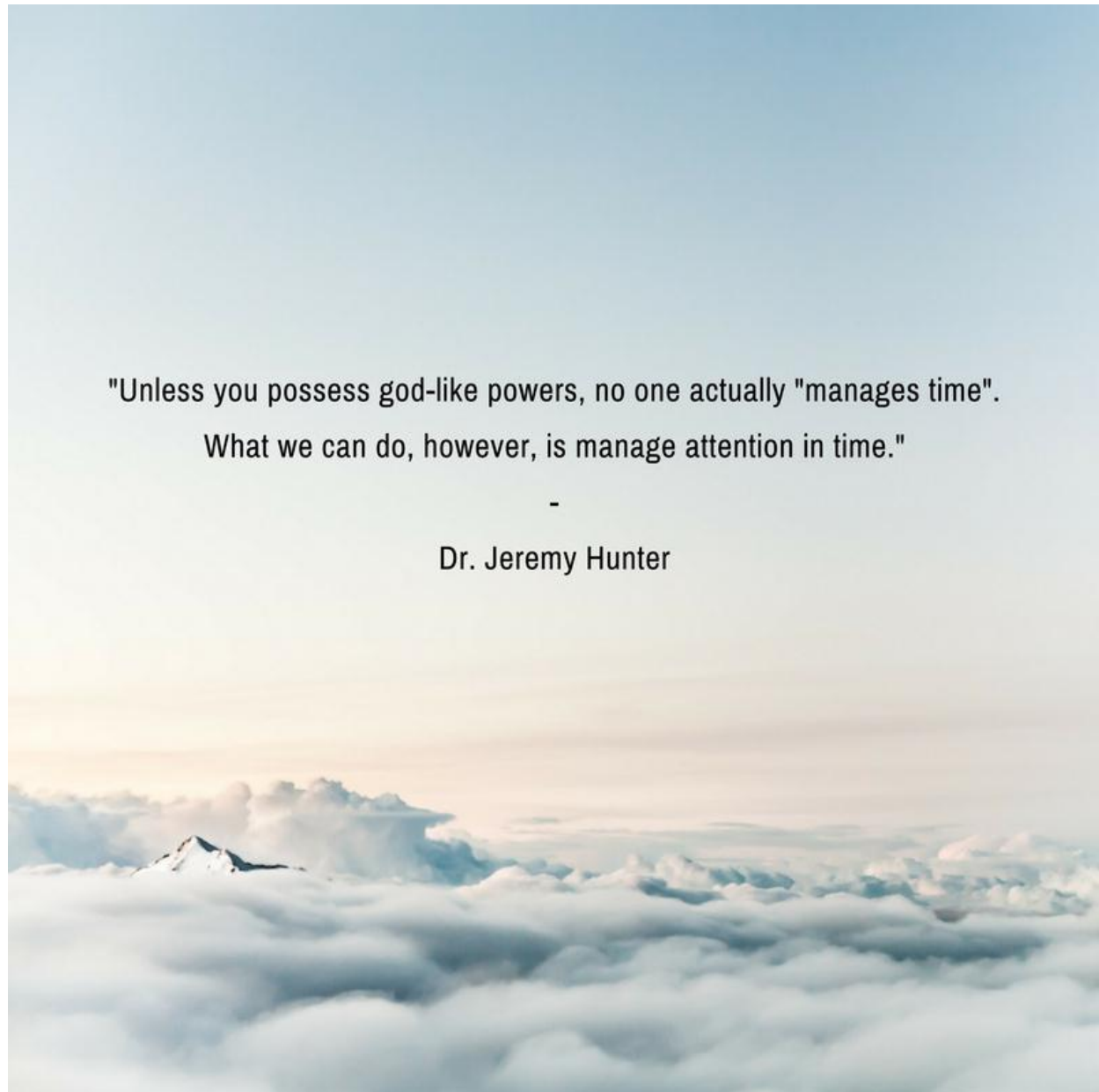


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3. Pay attention.



A lot of us get so caught up in the business of our day to day that we literally can forget to pay attention to what is going on around us. We all like to think that we are good at "managing our time". We can actually become far more productive if we manage our attention in time.



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4. Ground yourself.



Sometimes our thoughts can be quite scary. They can take us on journey to places where we really don't want to go. An excellent trick to bring yourself back into the present is to channel your awareness into your feet. Notice how your feet feel in your shoes and how your shoes feel connected to the floor. This can help to remind us that we are in the here and now, and not where our mind was.



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5. Focus on your breathing.



FOCUS ON YOUR BREATHING.



Often when we experience distressing thoughts, one of the first things that happens is our breathing rate speeds up. This can cause us to take short, sharp breaths and leads to less oxygen in our body. Bringing your attention to the rise and fall of your chest is a terrific way to bring awareness to your breathing.



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6. Get outside.



Making time to get outside and be amongst Mother Nature is an excellent way to help ground ourselves. It's much easier to be present and in the moment when we are outside by the ocean or in amongst the trees.



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7. Just aim to notice.



In order to be mindful we need to be in the present moment. That is we need to pay attention to what's happening around us and within us. In order to do this we need to notice. Notice how we feel. Notice what we can hear. Notice what we can smell. Notice what we can taste. Notice what we can touch. And we need to notice our thoughts.



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8. Taste. Every. Mouthful.



We can incorporate mindfulness into our lives through eating and drinking. Notice the colour of your drink. Notice the smell. Notice if it's hot or cold. And most importantly, notice how it tastes when you drink it and how it feels inside of you.



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9. Taste. Every. Bite.



The research around mindful eating and drinking shows that people who do this actually eat less food, are more satisfied with what they do eat and drink, and also are more likely to succeed in their weight management goals.



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10. Stay in the present.



No one can stay in the present all of the time. The key is to practice mindfulness regularly so that when you do need to stay in the present you are more equipped to do so.



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11. Name three.



Our minds are very good at getting us to focus on the past or to think about the future and we are hard wired to think 'threat' in the first instance. A quick tip to try and ground yourself is to tune into your sense and "name three" things you can see, hear, taste, touch and smell.



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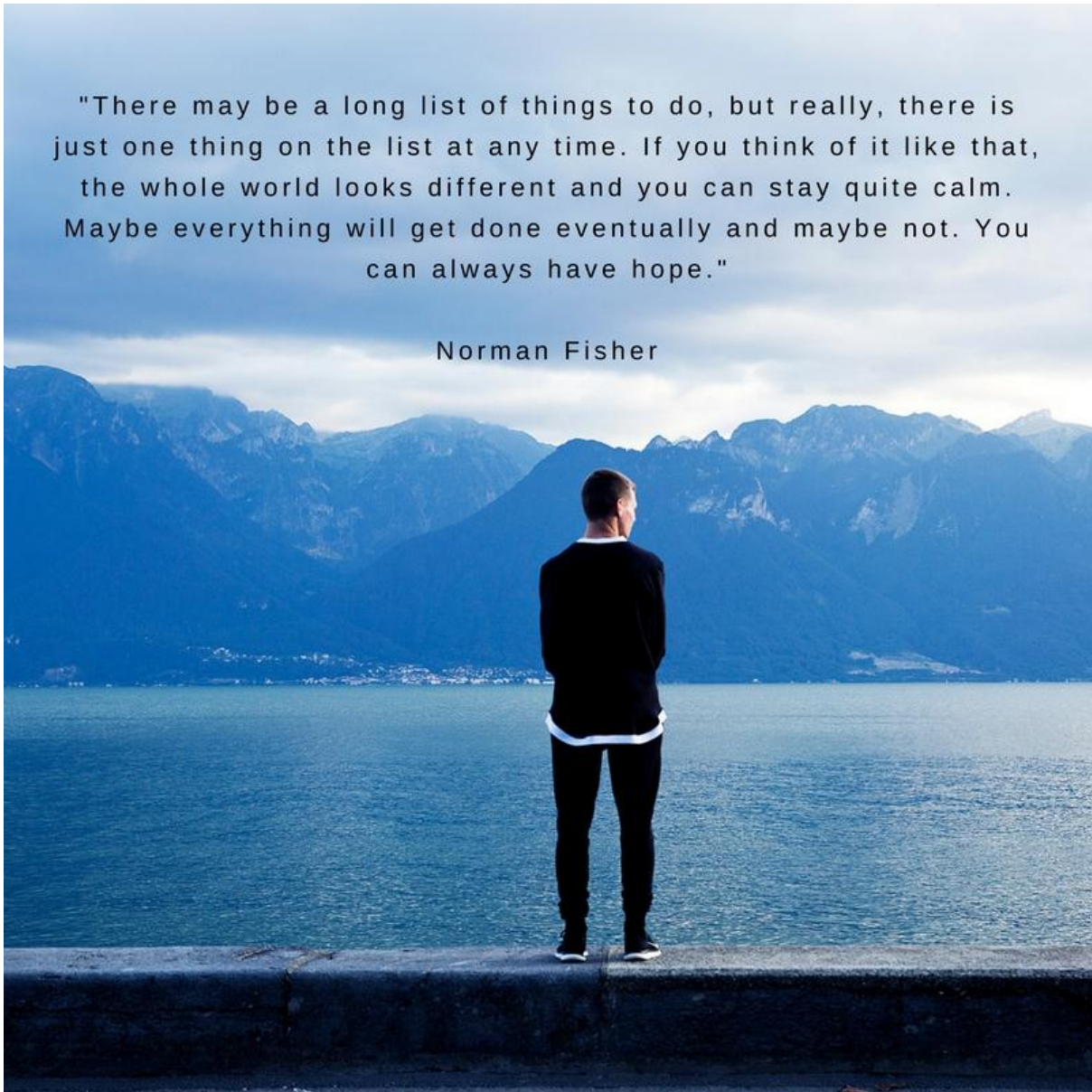


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12. Reframe how we see our 'to-do' list.

"There may be a long list of things to do, but really, there is just one thing on the list at any time. If you think of it like that, the whole world looks different and you can stay quite calm. Maybe everything will get done eventually and maybe not. You can always have hope."

Norman Fisher



We are actually not wired to be able to multitask. It is impossible for us to do so. We have however learnt to become quite good at swapping our attention between several tasks at once. A nice way to reframe the way we look at our to-do list is to be mindful and present, fully focused on the task we are completing at that time. The research shows that if we can apply the principals of mindfulness to our work, we actually can increase our productivity quite significantly.



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13. Notice the power of the sun.



The sun is an incredibly powerful being. It has the potential to make us feel hot, cold, burnt, warm, happy, sad, overwhelmed and many more things. The important thing is to be able to use the sun's power to help you become grounded in the present. Just aim to notice how it feels on your arm or your face and really bring your awareness to how this then makes you feel internally.



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14. Open your ears.



It is quite amazing the things we can hear if we turn our attention to them. If you're looking for a quick way to ground yourself, open your ears and turn your attention to all the sounds you can hear. Aim to notice and name the sounds.



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15. Make some time to sit and just watch.



Take some time each week to
stop, sit and just watch.

You never know what
you might miss.

#StriveToBeMindful #Mindful2017

It's really important that we make some time each week to actually stop and sit. When we are able to stop, sit and just watch we are able to tune in more attentively to our thoughts, feelings and emotions as well as the world around us. It is through these moments that we can gain a lot of clarity about our life and where we want to be.



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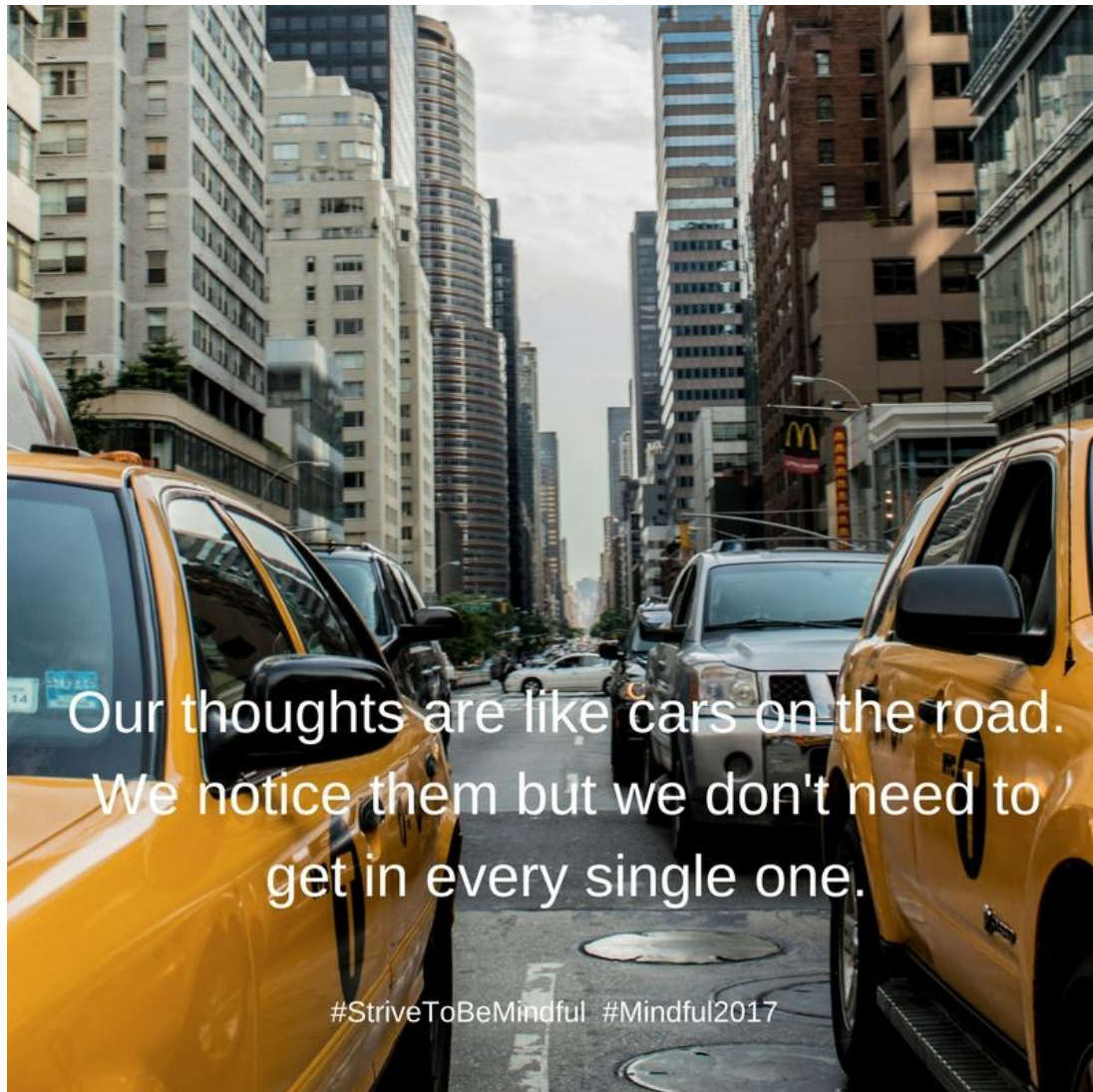


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16. Think of your thoughts like cars.



Imagine standing on the footpath of the busiest street in the busiest city you have ever visited. Think 5th Avenue in Manhattan. Now imagine all of the cars travelling up and down the street. Think of the flash cars, the Ferrari's and Lamborghini's. These are our best thoughts and memories. They may be of our family, holidays or our wedding. Now picture all of the other cars on the street. The dodgy looking ones. There are our not so great thoughts. They may be anxiety or stress or the fear of the unknown.

The aim of mindfulness is to be able to stand on the footpath and watch the cars come and go. We notice the cars and acknowledge them but we don't need to be hijacked to get in them. It's the same for our thoughts. We notice that they're there, but we don't get caught up in them.



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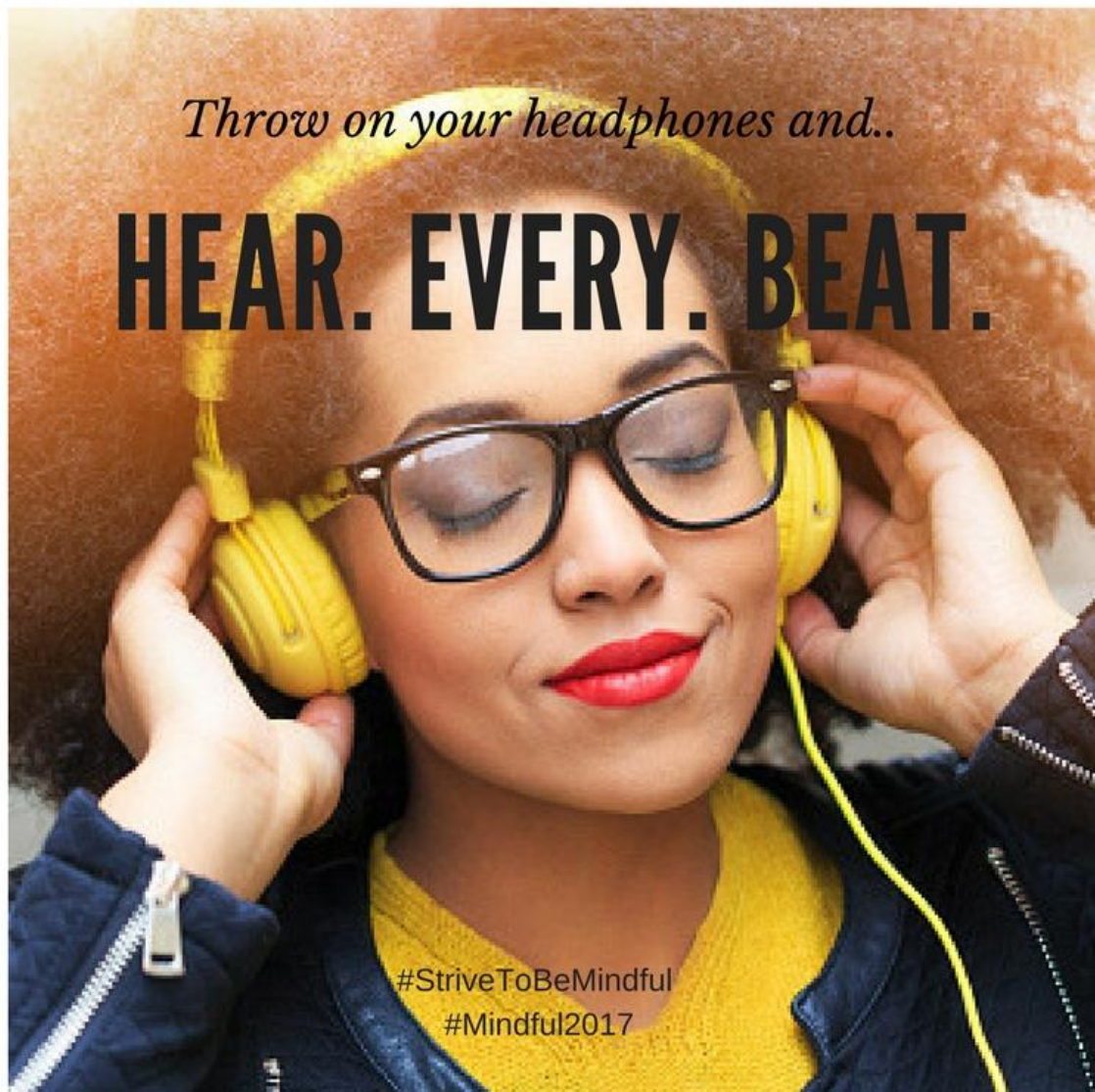


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17. Spin your favourite songs.



Music is a wonderful way to help ground yourself in the here and now. Plus who doesn't love listening to their favourite song?

The next time you listen to your favourite song try and hear all the different chords, instruments and sounds that you can. And if you can, name them as you hear them. You will be amazed at how many layers come together to form your favourite song.



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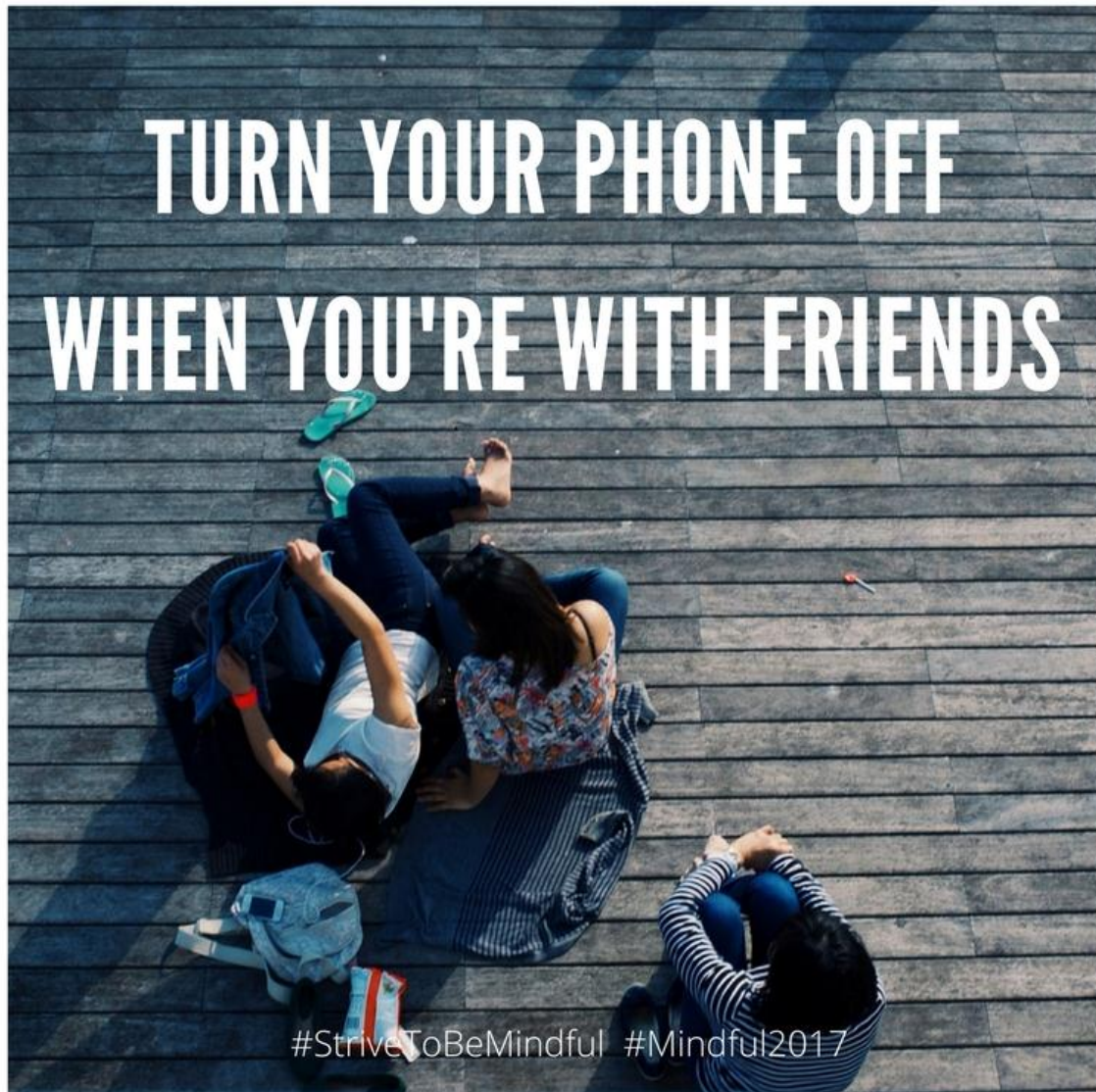


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18. Turn off your phone.



The next time you are out to dinner or having coffee with a friend, try turning off your phone. Or better still, leave it in the car. Our phones are one of the best sources of knowledge yet one of the biggest distractions in our lives.

See what you notice during and after your catch up with a friend. Aim to spend a moment noticing how it felt and if you felt more connected or engaged. You may even pick up some extra information you otherwise would've missed.



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19. The present is our only reality.



We spend so much time worrying about the past or thinking about the future that sometimes we can forget to be present. It's important for us to be able to reflect back and to plan for our way forwards, but the reality is the only time we can actually 'act' and make a change is in the present.



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20. Notice the power of choice.



Life can throw a number of challenges at us from time to time, some of which are outside of our control. This can cause a great deal of discomfort and distress. Sometimes even when there aren't many options in how you move forward, it can be quite powerful when you pause and mindfully recognise the choices you have.

Empower yourself today by mindfully bringing your awareness to the choices you have in any given situation. This can bring you a great sense of freedom.



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21. There's no wrong way to meditate.



Most people make the mistake of thinking that they're not meditating the right way. The truth is, there is no right and wrong way to meditate. The most important thing is to make time, 5 to 10 minutes a day for meditation.

The reality is some days you are going to be able to have greater awareness and maintain focus. Whereas other days it is going to be a lot more difficult and you are going to be interrupted constantly by thoughts. The key is to accept this is normal and keep going.



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22. We can be mindful anywhere.



Being mindful does not always mean sitting still, closing your eyes and being in a quiet location. As you will have gathered by now, in actual fact we can be mindful in just about any situation, in any location and doing whatever we like.

The key is to open your awareness to what is happening within your body and mind as well as what is happening around you. Try it the next time you are on the bus or train, walking to work, going for a run or eating dinner with friends.



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23. Create routine.



Routine is something that shouldn't be underestimated. The routines we get into can help us overcome even the toughest of times.

What's the trick? When we are stressed and busy we often feel overwhelmed by all the decisions we need to make. When will I get this task done? When will I exercise? What will I eat for lunch? When will I do the shopping?

List down all of the essentials in your life and all the things that keep you well. Now start working out for you, when is the best time for YOU to do these things.



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24. Get offline.



Imagine what you could do with an extra 24 hours each week? A whole day!

Imagine all the exercise, writing, problem solving, painting, cooking, organising or meditation you could do? Imagine how you would feel if you even got 2 or 3 extra hours a week doing these things. Well in actual fact, you can!

Consider starting a digital detox. Aim for a particular time each night where you disconnect from your phone. Aim to not be connected at lunch time. Aim to avoid using your phone or tablet when you are with family and friends. And most importantly, notice how you feel when you do this.



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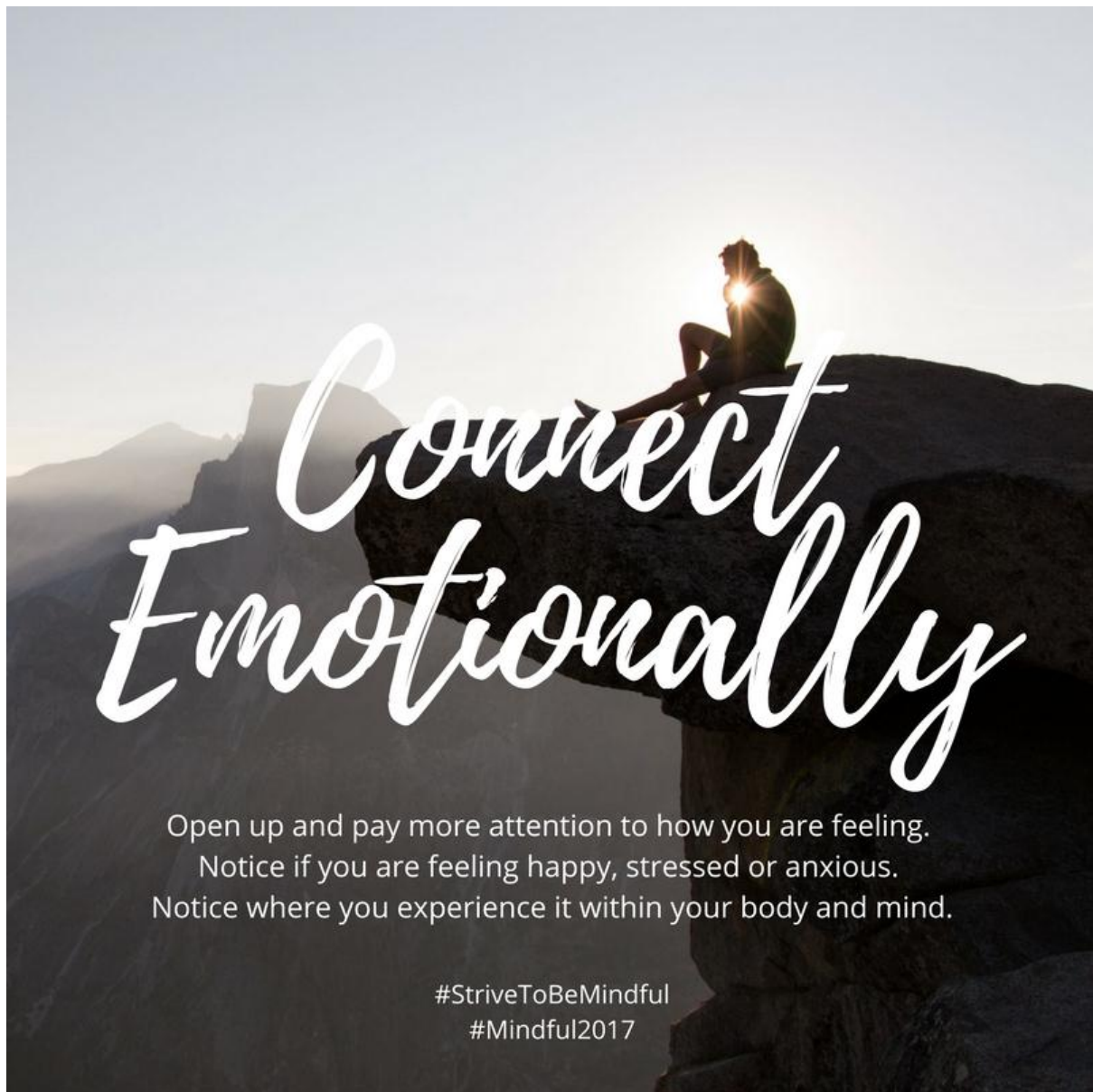


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25. Connect emotionally.



The research shows us that if we pay more attention and become more mindful to how we are feeling, we become less reactive and emotional in our responses and can act in a way that is more consistent with our values.

The trick is to be aware and check in with how you are feeling. Ask yourself, 'how am I feeling today?' or, 'why is this task so difficult?'. Spend some time searching for those answers and tune in to how it feels within your body and mind.

The greater our awareness, the better we become at recognising when we need to take some time to do some things for ourselves.



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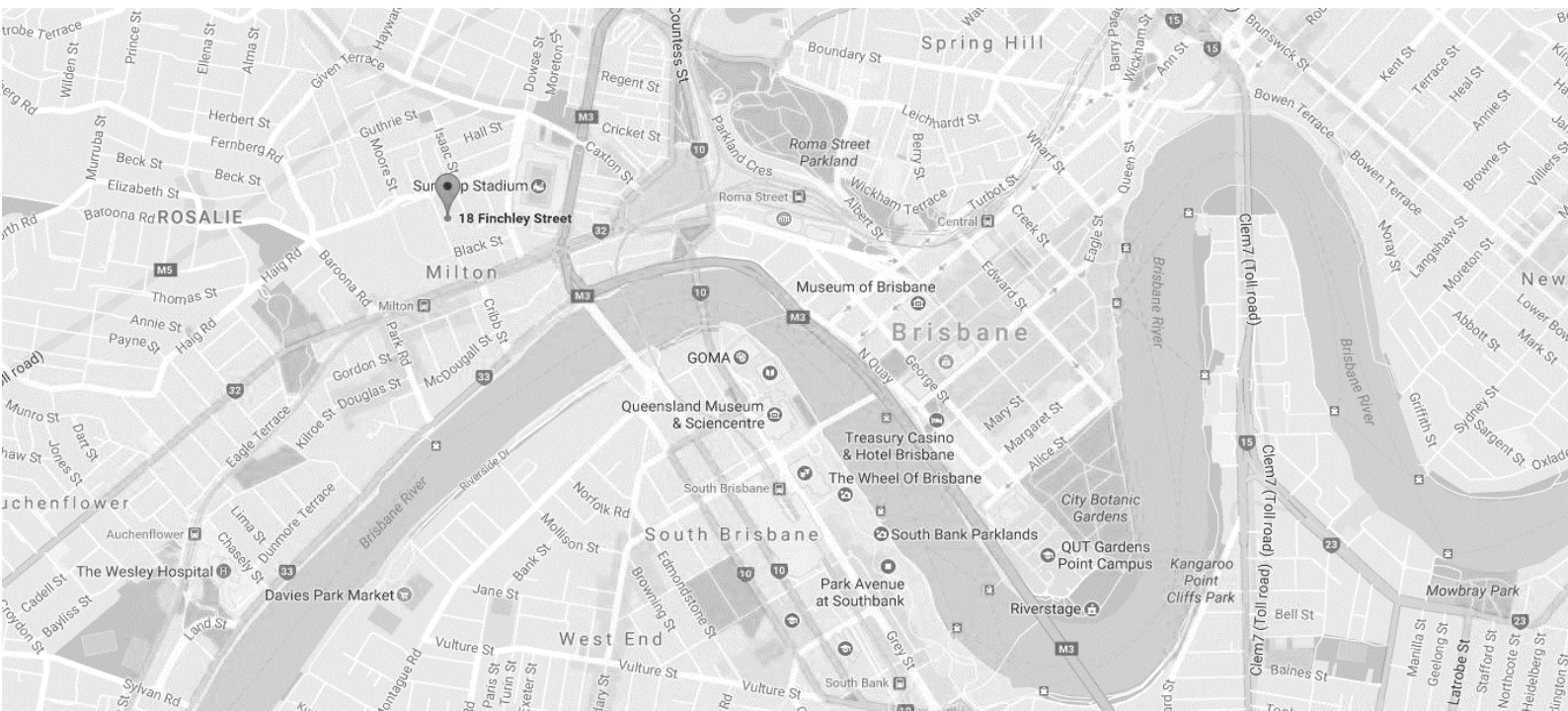
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Want to find out more?

Strive also offers Mindfulness Programs to organisations.
We highly recommend an 8 week program but can work with you and your organisation's needs.



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