

# MINDFUL EXERCISES

The pathway to zen doesn't have to be complicated – it can be as simple as holding a mug of tea, focusing on your breath and just being present. Ready to relax? Try out these quick and easy exercises you can do at work.

## GETTING STARTED

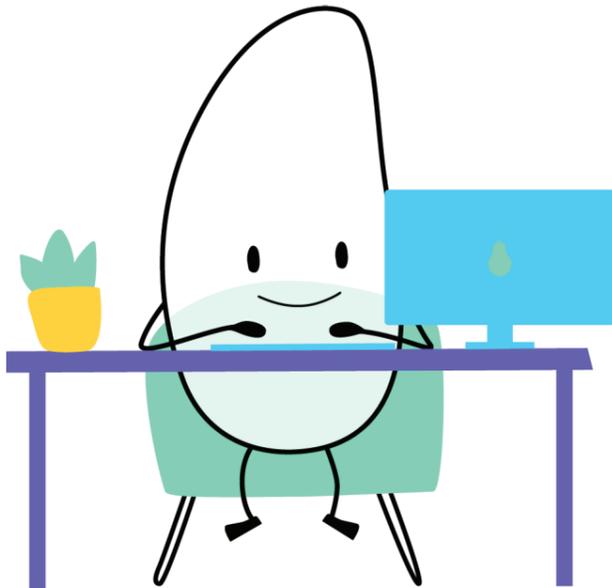
### Step 1

Sit down at your desk, back straight and hands on your legs

### Step 2

Close your eyes and take ten deep breaths:

- Focus your attention on inhaling and exhaling



### Step 3

Scan your body:

- Put in earphones and if you like, listen to calming music
- Start from the top of your head and go all the way down to your toes
- Choose a specific part of your body, like your hand and breathe deeply
- Don't rush and make sure to feel all the different physical sensations
- Choose a different part of your body and repeat

## MINDFUL EATING

### Step 1

Look at what you're eating and notice the texture, colour, smell and taste of your food

### Step 2

Focus on each bite



## MINDFUL STRETCHING

### Step 1

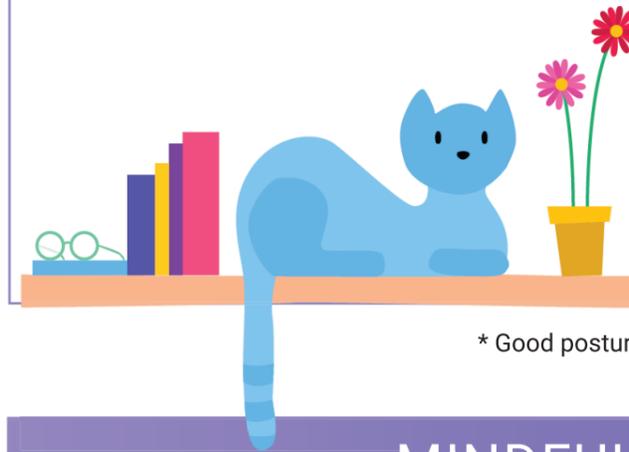
Sit at your desk with your back straight\*

### Step 2

Relax your shoulders

### Step 3

Roll your neck and unclench your jaw



\* Good posture is good for your back and an excellent position to meditate in

## MINDFUL TEA

### Step 1

Get your mug and put on the kettle

### Step 2

Listen to the kettle boil

### Step 3

Focus on placing the teabag in the mug

### Step 4

Focus on pouring the water in the mug – watch closely and notice the sound it makes

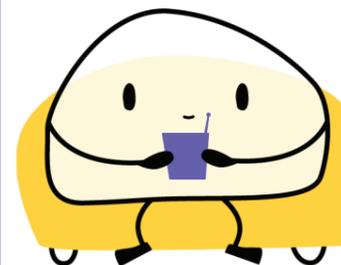
### Step 5

Focus on drinking the tea – the texture and taste

## MINDFUL MOMENTS

Use these triggers as a chance to practice mindfulness

Picking up your phone



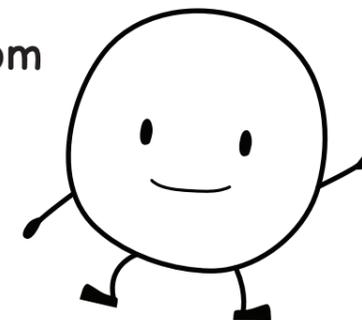
Taking a sip of water/tea/coffee



Checking the time



Getting up from your desk



Getting a new email

