

Mindfulness for Self-care

- **Taking micro-breaks:**

- If you're having a particularly stressful period of your life and you're finding slotting in that hour of yoga or that 20 minute mindfulness is getting tricky. Perhaps adding micro-breaks in might be helpful. These are small breaks, anywhere between 30 seconds to 5 minutes, where you can refocus on yourself.
- Below are some ideas on how you might do this:

<p>Pour yourself a warm cup of tea – allow your hands to hold the cup and notice the warmth in your hands</p>	<p>Have a long sip of a cold glass of water – notice the sensation of the water moving down your throat</p>	<p>Step outside – notice the clouds – are they moving fast or slow, can you see any at all?</p>	<p>Slow your breathing down – take a deep intentional breath into your belly and let it out with a sigh – notice the breath moving in and out</p>	<p>Close your eyes and imagine your happy place – what does it look like? Where were you last there? What was happening? What were all your senses noticing in that place? How did you feel?</p>
<p>Stand up and stretch – up tall, then down to your knees. Roll your shoulders, shake your arms and roll your wrists. Notice the loose sensation after relaxing these areas</p>	<p>Take a short walk – around the room, to another room. Notice your footsteps on the ground</p>	<p>Sit upright in your chair and tense your leg muscles – like you're about to stand hold that position for 30s then relax for 20s – notice the loosed muscles in your legs – repeat</p>	<p>Have a snack of something fruity. Take small slow bites – savouring the flavour of the food.</p>	<p>Jot down one thing you are truly grateful for, nothing is too small 😊</p>

What are some of your own ways you could micro pause?
