



www.themindfulnessclinic.com.au

Mindfulness@Work

Recent research demonstrates conclusively that mindfulness training amongst other benefits: Increases focus and attention, improves quality of sleep, reduces stress significantly, reduces cellular aging, keeps the brain 'agile', reduces blood pressure, improves memory, promotes emotional regulation and increases our experience of joy.

To get your started I recommend a daily ten-minute mindfulness practice (you can download the for free from the website) along with informal practice such as the '5 Magic Breaths'.

Daily habits

- Electronic free first hour of the day
- Move! Minimum 30 min a day
- Ensure enough time set aside for sleep
- Connect with your dear body
- Pinch yourself – when required!
- ABCD or Body-scan 10 minutes every day
- '5 Magic Breaths'

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- 1.Pay attention to the breath
 - 2.Count on the in-breath
 - 3.Count further on the outbreath, allowing the outbreath to become longer and to sink deeper into the body
 - 4.Repeat 5 times
- Do as often as you can

Find more information and sign up to our monthly newsletter letting you know about events and retreats: www.themindfulnessclinic.com.au

Free audios: <https://themindfulnessclinic.com.au/mindfulness-practice-free-audios/>.

Eight weeks of daily mindfulness reminders:

<https://themindfulnessclinic.lpages.co/mindfulness-daily-reminders/>

Dear Body book free intro: <https://themindfulnessclinic.com.au/dearbodybook/>

For training, public speaking, coaching and retreats contact me

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"I am tomorrow, or some future day, what I establish today.
I am today what I established yesterday or some previous day."

— [James Joyce](#)