

## Becoming aware

# 6 tips for daily mindfulness practice:

- 01** Daily meditations: 10–20 minutes of paying attention to ourselves
- 02** Take a long walk: Walking allows us to perform a task that takes little to no focus, which allows additional attention to be paid to our body and our emotions.
- 03** Periodic "Body Scans": Take a moment to pay attention to each part of your body and understand what is happening with it.
- 04** Pay attention to emotions: If you notice you're angry, take a moment to examine why.
- 05** Examine the thoughts behind the emotion: pay attention to what you are thinking and how it is influencing your mood.
- 06** Examine your thought patterns: Are you jumping to conclusions? Are you over generalizing? Understanding patterns assists in breaking them.