

1 Notice everyday things. The taste of food, feeling the wind on your face, and listening to sounds around you can all help to give perspective.

2 Be aware of your breathing. Take deep breathes in and out, keeping it comfortable, and focus on how each breath feels

five ways to be a little more mindful

**taking
notice**

3 Do something to help you see the world in a new way. Sit somewhere different at work, take a different route for your walk & notice the new sights.

4 Take notice of your thoughts and feelings and remember that they are all ok and valid. Let them come and go if you can and remember that worries will pass.

5 Spend time in nature. Be aware of colours, sounds, textures and reflections, and take a photo of things you love seeing.

