

Ten Top Tips for a Mindful March



“To practice any art, no matter how well or badly,
is a way to make your soul grow. So do it.”
Kurt Vonnegut

Doodle, draw or colour in and let the creativity
fully absorb your attention.

“If you want to conquer the anxiety of life, live in the moment, live in the breath.”

Amit Ray

Take a moment to sit in silence and breathe deeply.

“Music is life itself.”
Louis Armstrong

Listen to a piece of music without doing anything
else.

“The positive thinker sees the invisible, feels the intangible and achieves the impossible.”
Winston Churchill

Choose a positive mantra and repeat it regularly throughout the day.

“You’ll never find a rainbow by looking down.”
Charlie Chaplin

Take a mindful walk and notice what you see, hear
and smell.

“Eating is not only nourishing for the body, but
also for the mind.”
Thich Nhat Hanh

Eat mindfully today. Take your time to really taste
what you are eating and savour every mouthful.

“Mindfulness of the body leads to nirvana.”
Buddha

Mentally scan down your body and notice what it
is feeling.

“Meditation is like a gym in which you develop the powerful mental muscles of calm and insight.”
Ajahn Brahm

Try a short guided meditation:

<https://www.headspace.com/meditation/guided-meditation>

“Be happy in the moment, that’s enough. Each moment is all we need, not more.”

Mother Theresa

Look around you and find five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

“By discovering nature, you discover yourself.”

Maxime Lagacé

Get outside and notice how the weather feels on
your face.