



# STAY CONNECTED ART TO HEART

ArtCore

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## Top 5 Tips! Mindfulness

**“The best way to capture moments is to pay attention. This is how we cultivate mindfulness.” - Jon Kabat-Zinn**

### 1. Mindful Wakeup

When you wake up, don't just jump out of bed! First sit up in bed and breathe deeply for 2 minutes, in through your nose and out through your mouth. Whilst doing this think “What is my intention for today?” Making a plan can change your day, giving you a focus. Keep a notebook on the side of your bed to write the plan down and do this before you check your phone or look at emails. Think through the following questions: How might I show up today to have the best impact? What quality of mind do I want to strengthen and develop? What do I need to take better care of myself? During difficult moments, how might I be more compassionate to others and myself? How might I feel more connected and fulfilled?

### 2. Mindful Eating

Have you ever eaten a meal and don't remember the flavours or even chewing? Eating is a joy and one of the most pleasurable experiences we engage in as human beings. Before eating, drink a glass of water. When you begin to eat become aware of your senses. What does the food taste of, what is the texture, the scent and how does it look. Practice peaceful eating by slowing down and breathing deeply as you eat. If you don't love what you're eating then don't eat it. Make a mindful choice to eat based on what you really enjoy.





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### 3. Mindful Pause

We often run on autopilot, but mindfulness helps us to slow down and do things at a pace which is meaningful, with intentional actions, willpower, and decisions. Moving the balance to give your slow brain more power takes some work. Put the object you want to do in a place it is visible e.g. if you want to do yoga in the morning, put your mat out in the living room the night before ready. Use post it notes to write yourself a reminder of your intentions.

### 4. Mindful Workout

Whether you're riding a bike, running on a treadmill or lifting weights you can turn these into a mindfulness practice. Instead of doing it just to burn calories you can move and breathe in a way that not only gets your blood pumping but also shifts you from feeling stressed and busy to feeling strong and empowered. Breathe deeply and become aware of what you are doing, the sensation of the breeze and the sun or the passing scenery. Settle into a rhythm and continue to focus on your breathing.

### 5. Mindful Driving

We often go into flight or fight response when stuck in heavy traffic. Driving can be a high stress activity, but it doesn't have to be like that. Understanding your emotion when stress starts to rise can help to instantly calm you down. Look around and recognise that all the other drivers are in the same position as you. Take deep breaths when you feel in a situation that is difficult and recognise that you are in control and you have the power to change your mindset.

