

Mindful Movements for Moving Minds

Key Takeaways

1

Mindfulness and Mindful Movement

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.

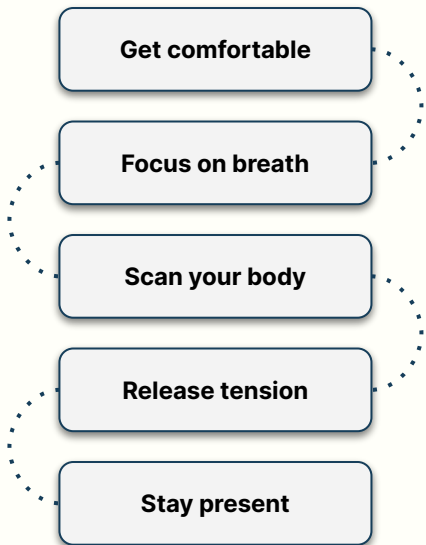
Mindfulness helps us to distinguish between eustress (good) and distress (bad), allowing us to adjust our training and movement accordingly to help us improve our performance, without hindering our mental health.

'Mindful Movements' refers to the practice of bringing present-moment awareness, intentionality, and focused attention to physical activities.

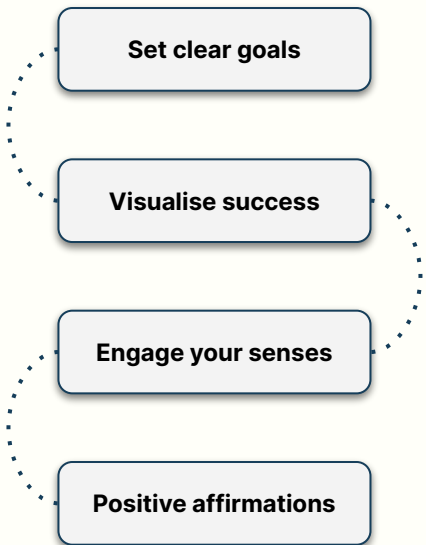
2

Strategies for Improving Mindfulness

Body Scan Technique

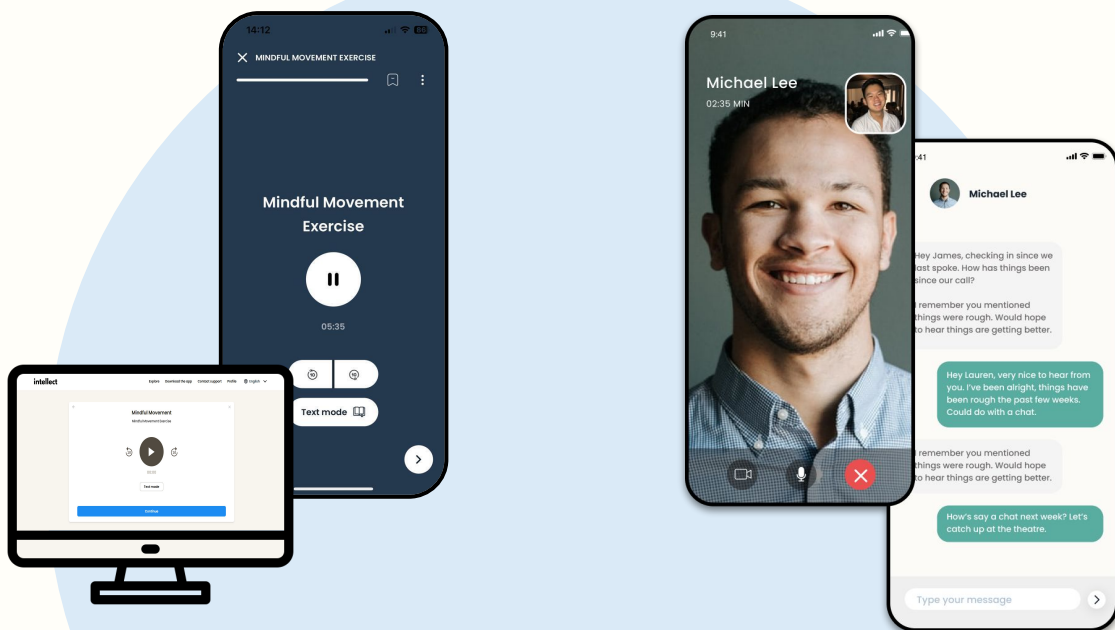


Visualisation



From Insight to Action: Put Your Skills to Work Today!

Incorporate mindfulness into your physical activities through **immersive self-guided learning modules** complemented by **personalised 1:1 coaching support**



Mindful Movement Meditation

Guided meditation to kickstart your mindfulness movement journey and discover the benefits of practising mindfulness in your physical activities

1:1 Coaching

Discuss with your coach on incorporating mindfulness practices into your physical activities

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

