

Mindful Moments: A 30-min Guided Journey to Calm

Take a 30-minute break to recharge your mind and body in this session, where you'll explore how mindfulness can reduce stress, boost focus, and enhance your overall well being.

This session introduces participants to mindfulness as a tool for cultivating calm and mental clarity. Through guided practices, participants will experience the power of breath and awareness to reduce stress and regain focus.

Perfect for beginners and experienced practitioners alike, this session will leave you with simple, practical tools to bring mindfulness into your daily life.

Learning Objectives

- Understand the foundational principles of mindfulness and its benefits for reducing stress and improving focus.
- Experience mindfulness practices, including guided breathing, progressive relaxation, and visualization, to anchor attention and create calm.
- Learn practical strategies to integrate mindfulness into daily routines for lasting impact.

Content Outline

What is Mindfulness? Why Does It Matter?

- Introduction to mindfulness and its definition
- Evidence-based benefits: Physical, psychological, and social wellbeing (e.g., reducing stress, boosting focus, and enhancing relationships).
- *Reflective question: "When was the last time you felt truly present?"*

How to Practice Mindfulness: A Guided Experience (15 minutes)

- Guided Mindfulness Exercise: Focus on the rhythm of your breath to anchor your attention.
- Reflective question: "What did you notice during the practice?"

Integrating Mindfulness into Daily Life

- Common challenges of staying mindful
- Learn practical tips to address those challenges and practise mindfulness regularly