

# Mindful Moments: A 30-min Guided Journey to Calm

## Key Takeaways

1

### WHAT

Mindfulness is the moment-by-moment awareness of the present - our thoughts, feelings, bodily sensations, and surrounding environment..


### WHY

Research shows that mindfulness has benefits such as:

**Boosts Immunity and Sleep**



**Reduces Stress**



**Improves Cognitive & Focus**



**Builds Confidence & Resilience**



**Enhances Relationships**



2

### HOW

Focus on your breath to anchor yourself in the present moment.

Try these Mindfulness Exercises on the Intellect app/web.

 *Tip: Go to Explore > Search "Meditation"*



Mindfulness Meditation

5 min

Notice your thoughts and feelings for a greater sense of peace and equanimity



Visualisation Meditation

5 min

By using the power of visualisation, this meditation will help you feel less stressed and get ready for rest.

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3

### Application: Integrating Mindfulness into Daily Life



#### FINDING TIME

##### Start Small

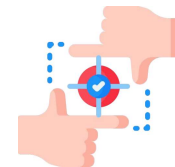
Try just 1-2 minutes daily.



#### STAYING CONSISTENT

##### Make it A Habit

After/Before [CURRENT HABIT], I will [NEW HABIT].



#### MANAGING DISTRACTIONS

##### Acknowledge, Anchor, Refocus

Acknowledge distractions and bring your focus back to the present.

### Need a bit more help?

Discuss with your coach/counsellor on more personalised strategies to integrate mindfulness in your daily life!



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.

