

Pause and Stretch: A Mindful Reset for Your Body and Mind

Key Takeaways

1

What is Mindfulness?

Acceptance of the present moment



Awareness of your mind, body, and environment



Engaged in the now, without past or future concerns



What is 'Mindful Movement'?

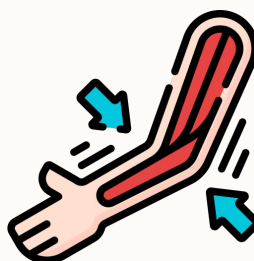
Mindful movement refers to the practice of bringing present-moment awareness, intentionality, and focused attention to physical activities. It involves tuning into the body's sensations, breath, and movements with non-judgmental awareness, fostering a deeper connection between the mind and body.

2

HOW



**Mindful
Box-Breathing**



**Progressive Muscle
Relaxation**



**Mindful
Stretching**

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Application: Integrating Mindfulness into Daily Life



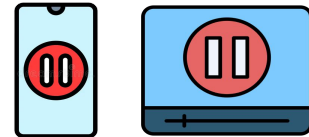
Mindfulness Breaks

Practise Box-Breathing or Progressive Muscle Relaxation for just 1-2 minutes at your desk.



Mindful Stretching

Incorporating Mindfulness into lunch breaks increases job performance levels.



Mindful Pause

Pause before responding (3-second works too!) to a message, especially in tense or rushed moments.

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!

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