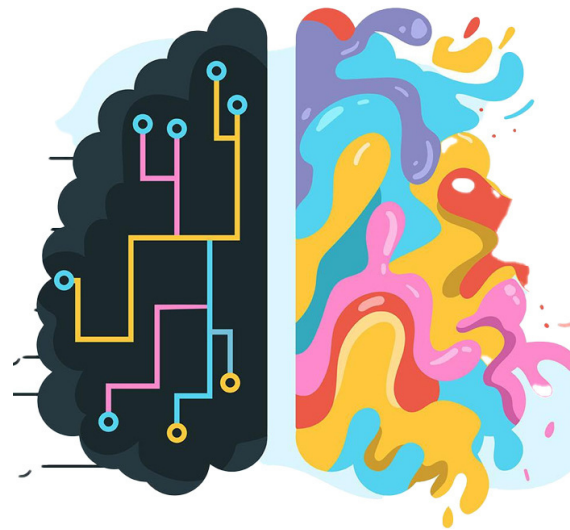


Mindful Living

A guide to cultivating inner peace

Mindfulness, stemming from age old traditions, has gained modern acclaim for reducing stress and fostering wellbeing.

This practice involves non judgmental awareness of the present moment, offering clarity and resilience in our fast-paced lives.



Mindfulness, woven into daily life, nurtures mental wellbeing and resilience, offering a calm approach to challenges.

3 tips for mindful practice

1

Mindful Breathing

Find a quiet space and focus on your breath for 5-10 minutes everyday. Develop awareness of each breath, to stay focused on the present moment.

2

Body Scan Meditation

Lie down or sit comfortably, closing your eyes and progressively scan your body, releasing tension and promoting relaxation.

3

Mindful Daily Activities

Infuse mindfulness into routine tasks by fully engaging your senses. Stay present in activities like eating, walking or washing dishes.

If you find yourself overwhelmed or struggling with mental health, it's important to seek support. Centacare South West NSW is here to help. Reach out for professional support and guidance on your journey to wellbeing.

MINDFUL LIVING:

Phone 1300 619 379 or centacareswnew.org.au

