

Inner Strength - Outer Strength

INNER STRENGTH TIPS

Mindfulness

Mindfulness is an awareness of our own thoughts and feelings, and of the world around us. As we grow more mindful, we are better able to sustain our attention on the present, or on the goals and values that are most important to us. Mindfulness leads to better mental wellbeing.

One of the biggest advantages of mindfulness is that it can help us be more effective by slowing down. “We often find ourselves busy, but not getting much done,” explains Andrew Johnson, a mindfulness expert at the Mandarin Oriental Hyde Park, London. “By taking a moment to stop, connect to our breath and pay mindful attention to the task at hand, we often get more done, with greater enjoyment and in less time.”

How to develop mindfulness

- Try meditating for at least 10 minutes day, paying particular awareness to your breath.
- Practice keeping your attention on the present moment throughout your day: when talking to someone close to you, while cleaning or doing chores, while listening to a talk or a lecture for example.
- Spend more time in silence and pay attention to your surroundings, whether that’s at a spa, on a walk or in the garden.

Mindfulness reading:

- *Mindfulness for Beginners* by Jon Kabat Zinn
- *10% Happier* by Dan Harris
- *Peace is Every Step* by Thich Nhat Hanh

Useful apps to help with your mindfulness practice:

- Headspace
- Calm
- Insight Timer
- Waking Up