

DAILY MINDFULNESS TIPS

Try these simple techniques for bringing mindfulness more fully into your day:

! When you first wake up in the morning, before you get out of bed, bring your attention to your breathing. Observe five mindful breaths.

! Notice changes in your posture. Be aware of how your body and mind feel when you move from lying down to sitting, to standing, to walking. Notice each time you make a transition from one posture to the next.

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