

# MINDFULNESS

## 8 MINUTE ACTIVITY

### MINDSET ACTIVITY

Mindfulness has been receiving plenty of airtime recently, and with good reason. There's much to be said for allowing ourselves the time to fully experience the now.

Whether that's mindful eating (eating slower), making time to savour a drink, or the ever-popular adult colouring, mindful painting or origami. When our senses are fully engaged in what is actually happening around us it has many benefits.

Inviting ourselves to be fully present in the moment is something too often overlooked, because we just 'don't have time' to stop.

Use this 8-minute activity as an opportunity to stop and just live in the present moment.

Buy yourself a mindfulness colouring book and access your creative (right) brain.

