

# HOW TO BECOME MORE MINDFUL

MINDFULNESS MEANS BEING PRESENT IN THE MOMENT.  
IT'S ABOUT LOOKING AT THE WORLD WITH OPENNESS AND WITHOUT JUDGEMENT.



**Mindfulness can have a massive impact on our mental health!**

- It can help you to de stress and regulate emotions.
- Help create a sense of calm.
- Increase your concentration and productivity levels.
- Improve your sleep and overall health
- And help you feel more connected with your world and the people in it!

## So what can you do to become more mindful?

1. Focus on your breathing! Mindfulness takes time to practice and develop, focusing on taking deep breaths is a great place to start your journey to becoming more mindful.
2. Take a walk in nature. Pay attention to all the sensations around you and take it all in.
3. Take more breaks! Use your break to refocus your energy and pause.
4. Maybe you could try keeping a journal? Journal writing is a great way to reflect on how you're feeling, and gives you a space to let it all out!
5. There are many great apps and online tools out there which can help to guide you and set you on your way to becoming more mindful. Start off by searching for Smiling Mind in your app store.

