

5 Ways to Stay Mindful Throughout Your Day

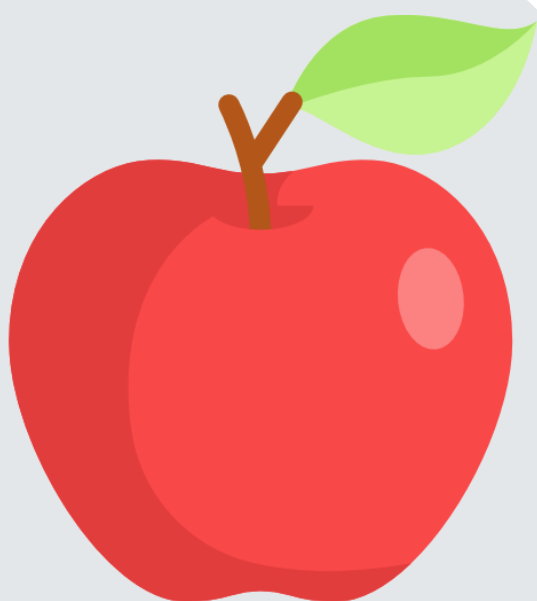
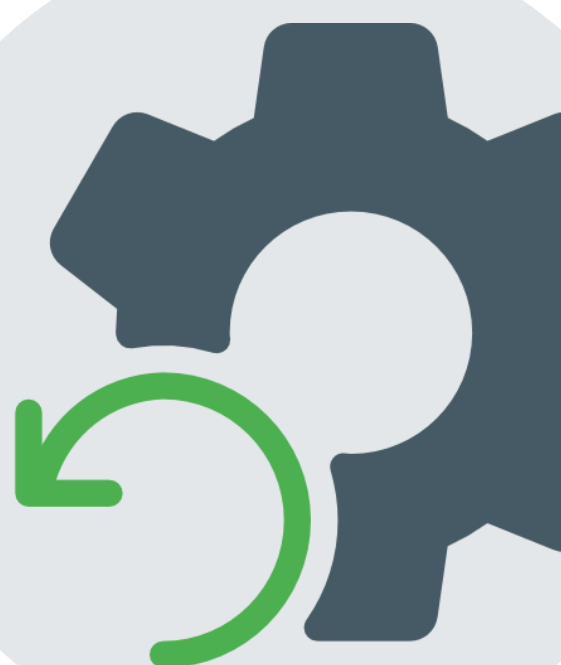


BREATHE & FOCUS

When multi-tasking becomes overwhelming, take a step back to close your eyes, take a deep breath, and focus on one task at a time.

RESET BREAKS

Schedule a few reset breaks into your day to check-in with yourself and let go of negative thinking or issues that are causing unnecessary stress.



EAT WELL

You are only as good as the food you put into your body! Give yourself some extra time around each meal to enjoy your food and rest.

RELEASE & LET GO

Recognize negative emotions, acknowledge your feelings without engaging and let it pass by.



SLOW DOWN

There is no need to do everything on high speed! It leads to higher stress levels and increases mistakes.

