

# JULY Mindfulness

## Movement with Self Compassion

JOIN OUR FREE ONLINE GUIDED MEDITATIONS

10.30am & 7pm Monday-Friday

Find the link on our homepage.



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

### WHY JOIN OUR MEMBERSHIP?

JUST £10 FOR A 6 MONTH TRIAL PERIOD

Enjoy our membership package with free fortnightly teachings, free bi-annual weekend retreats and access to recordings on our online dedicated members' website.



4

WHEN THINGS ARE DIFFICULT PLACE A HAND ON THE HEART, FEELING THE *warmth* FROM THE HAND AS A GESTURE OF SELF-COMPASSION

5

RESEARCH SUGGESTS THAT A PRACTICE OF *Mindful Movement* CAN HELP US TO BE LESS JUDGEMENTAL

6

WHEN WE NOTICE SELF-CRITICISM, IMAGINE OUR INNER SELF-CRITIC AS A CHARACTER SITTING ON OUR SHOULDER AND SEND IT SOME *Kindness*

7

RESEARCH SUGGESTS THAT OPENING TO AND *Offering Kindness* TO OUR INNER SELF-CRITIC CAN REDUCE SELF-CRITICISM

8

WHEN WALKING TODAY BE CURIOUS ABOUT THE CHANGING SENSATIONS IN THE FEET, WITH A SMILE, HOW DOES THIS CHANGE YOUR EXPERIENCE?

9

RESEARCH SUGGESTS THAT A PRACTICE OF *Mindful Movement* CAN IMPROVE EMOTIONAL REGULATION

10

*Feeling Emotional?* FEEL THE FEET ON THE FLOOR AND WIGGLE THE TOES. DOES THIS CHANGE YOUR EXPERIENCE?

11

WHY NOT JOIN OUR *Daily Online Guided Meditation* at 10.30am OR 7pm. VISIT OUR HOME PAGE FOR THE LINK

12

BREATHE IN, CURL THE TOES, *breathe out and relax* BREATHE IN, STRETCH THE TOES *breathe out and relax* REPEAT THREE TIMES.

13

RESEARCH SUGGESTS THAT A PRACTICE OF *Mindful Movement* CAN IMPROVE OUR SKILLS TO PAY ATTENTION.

14

WHEN YOU FEEL A STRONG EMOTION, REFLECT: PART OF THE HUMAN CONDITION IS FEELING EMOTIONS. *We are not alone in feeling emotions.*

15

FEELING AGITATED? GET UP AND SHAKE THE HANDS FEET, ARMS AND LEGS WITH A SMILE *notice how this feels.*

16

RESEARCH SUGGESTS THAT REFLECTING ON OUR *common humanity* IN A DIFFICULT MOMENT CAN HELP US TO FEEL LESS ISOLATED

17

GO FOR A SHORT MINDFUL WALK TODAY AND APPRECIATE *all that is good* WITHIN AND AROUND YOU. HOW DOES THIS MAKE YOU FEEL?

18

WHEN YOU FEEL DISTRACTED FOR A FEW BREATHS *Breathe In* AND LIFT THE ARMS, *Breathe Out* AND LOWER THE ARMS.

19

RESEARCH SHOWS THAT *Mindful Movement* PRACTICE IS PARTICULARLY BENEFICIAL WHEN OUR MIND IS FULL OF CHAOTIC THINKING ACTIVITY.

20

WHENEVER YOU FEEL TIRED OR SLUGGISH, NOTICE HOW IT FEELS TO *tap the body* WITH LOOSE FISTS, OVER THE HEAD, NECK, SHOULDERS, CHEST, BELLY, BUTTOCKS AND LEGS.

21

CULTIVATING *Self Compassion* SUPPORTS MENTAL WELL-BEING & CAN ACT AS A BUFFER AGAINST STRESS, ANXIETY & DEPRESSION

22

GO OUT FOR A WALK & *smile with your eyes* WHEN YOU SEE THINGS THAT YOU LIKE... HOW DOES THIS MAKE YOU FEEL?

23

*Just be kind to yourself today.*

24

RESEARCH SHOWS THAT *Mindful Movement* OCCUPIES PARTS OF THE BRAIN THAT CAUSE MIND WANDERING.

25

*...Pause...* MINDFULLY MOVE YOUR HANDS AND FEET IN CIRCLES. WHAT HAPPENS?

26

*Breathe in, make a fist, breathe out and relax. Breathe in, stretch the hand, breathe out and relax.* REPEAT 3 TIMES.

27

FEELING STRESSED? GET UP AND SHAKE THE HANDS, FEET, ARMS, LEGS *with a smile* NOTICE HOW THIS FEELS.

28

FEELING CHALLENGED? PRACTICE THE *self-compassion break* AVAILABLE ON OUR FREE MINDFULNESS BASED LIVING APP.

29

SITTING IS THE NEW SMOKING SO *set an intention* TO GET UP EVERY HOUR *and move* FOR A FEW MINUTES

30

HOW CAN YOU BE *Kind* TO YOURSELF NOW? *Just Do It!*

31

WHAT HAS SUPPORTED YOU TO MOVE WITH *Self-Compassion* THIS MONTH? *Can you do more of this next month?*