

## Mindfulness

Take a walk and concentrate on the act of walking.

What movements does each leg perform in each stride?

Which part of your foot hits the ground first?

What does the ground feel like underneath your shoe/foot?



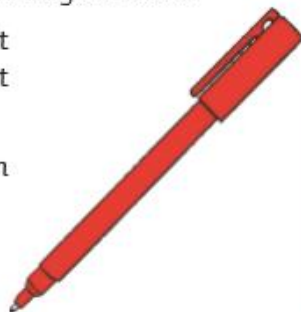
Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time.



Choose a subject to focus your thoughts or simply write about whatever arises in your mind.

If you can't think of what to write then write 'I can't think of what to write...'

Do whatever you need to in order to keep writing.



Listen really carefully to what someone else is saying.

Stop doing anything else and give them your complete attention.

If you think of things you wish to say, let the speaker finish before you add your thoughts.

