



10-minute mindfulness

Plan

Did you know? Meditation practice has been around as early as 5,000 BCE! Meditation practice is world renowned to help our brains capacity to respond to stress. While sitting still for 10 minutes might not be your idea of taking time out, give it a go and see how you get on. You can always substitute it for another activity.

Do

Pick a quiet space at the beginning, middle or end of the day at a time when you won't be disturbed.

Select your free [Calm guided meditation](#) on YouTube which you can pick 1 a day to do for a week.

Log your actions each day to keep track of your progress.

Review

- What did you think of this activity?
- Did anything surprise you?
- Is there anything you learned from the activity?
- Would you continue it? Why/why not?
- Is there another activity you do that brings the mindfulness into your day?