

MINDFULNESS IN EVERYDAY LIFE: SETTING INTENTIONS FOR THE DAY (PART I)

Are you looking to live a more fulfilling and intentional life?

Mindfulness is the practice of being fully present and engaged in the moment without judgement. By cultivating mindfulness, you can learn to slow down, tune in, and fully savour the richness of each moment. No matter where you are or what you're doing, you can learn to be present, open, and curious and experience the beauty and wonder of life in a whole new way.



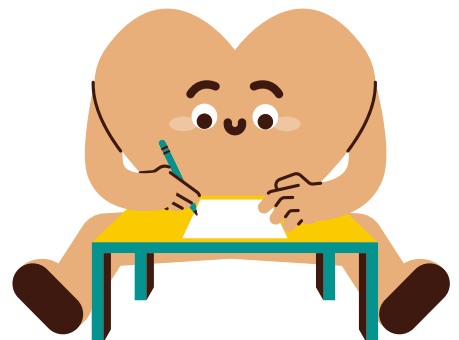
So, whether you're looking to reduce stress, boost your creativity, or simply live a more fulfilling life, mindfulness is an incredibly powerful tool that can help you achieve your goals.

In this worksheet, we'll provide you with 3 mindfulness exercises for bringing more awareness into your daily routine so that you can experience the transformative power of living in the present moment.

So, get ready to slow down, tune in with yourself, and explore the magic of mindfulness in everyday life.

1) START YOUR DAY BY SETTING AN INTENTION!

Setting an intention is a simple but powerful way to start your day mindfully. By focusing your energy and attention on what is important to you, you can cultivate greater self-awareness and presence and approach your day with purpose and intention.



Step 1: Start with Deep Breathing

In this section, we'll engage in the 10 belly breaths technique.

Also known as deep breathing or diaphragmatic breathing, this technique is a simple relaxation technique that involves taking slow, deep breaths to calm the mind and body. As you may have already guessed, this technique is widely used in yoga, meditation, and other forms of relaxation exercises.

To practise the 10 belly breaths technique, follow these steps:

- Find a comfortable and quiet place where you won't be disturbed.
- Sit or lie down in a comfortable position. If you're sitting, make sure your back is straight, and your feet are flat on the ground.
- Place your hands on your belly, just below your rib cage, and close your eyes.
- Inhale slowly through your nose, filling your lungs with air, and feeling your belly expand under your hands.
- Hold your breath for a few seconds.
- Exhale slowly through your mouth, feeling your belly deflate, and your hands move inward.
- Repeat this process for 10 breaths, taking your time to inhale and exhale deeply.



As you practise the 10 belly breaths technique, focus your attention on your breath and let your thoughts and worries drift away. You may notice that your mind begins to quiet down, and your body starts to relax.

Deep breathing can help reduce stress, lower blood pressure, improve lung function, and promote relaxation.

Additionally, it can help you feel more centred and focused, in turn improving your overall well-being.



Step 2: Identify Your Intention

- Now, set an intention for the day.
- This can be something simple, like staying focused during a meeting or taking breaks when you feel overwhelmed.
- Or it can be something more specific, like being kind to yourself when you feel anxious throughout the day.
- **If you had to choose an emotion to guide your actions and words today, which one would you choose?** For example, kindness, compassion, patience, courage, or resilience.
- Think about how you can align your intentions with your values.



Remember, an intention is not the same as a goal. It is a mindset or approach that you want to cultivate throughout the day.

Step 3: Repeat Your Intention

- Once you have identified your intention, repeat it to yourself silently or out loud.
- The act of repeating your intention can help reinforce it in your mind and create a sense of focus and clarity.



Step 4: Check-in With Yourself Throughout the Day



- As you go about your day, check in with your intention regularly. Ask yourself, "Am I embodying my intention right now?"
- If not, you may take a moment to pause and breathe and then refocus on your intention.
- You can also set reminders on your phone to help you stay on track.



Remember, setting intentions is a practice that requires patience and consistency. **It is not about perfection or achieving a certain outcome but rather about cultivating a mindset of awareness and presence.**

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

