

## CHALLENGE 23: MINDFUL MAGIC



*“Mindfulness makes me feel calmer and more grounded.”*

### DO

Mindfulness is a simple process of clearing your mind of any thoughts about the future or the past and enjoying the moment.

### THINK

How do you feel? How do you usually like to relax and unwind?

### SHARE

If you enjoyed this time to unwind, why not try it again another day? Suggest this simple exercise to anyone else you know who might like to try this method to relax and reset.

1. Lie or sit somewhere comfortable and warm.
2. Close your eyes and slowly take some deep breaths in and out.
3. Clear your mind, let your thoughts go and focus on your breathing.
4. Remain quiet, keeping your focus on your breathing, gently in and gently out, for at least 10 minutes.
5. Open your eyes and take your time to get up.