


A TO Z OF MINDFULNESS

A AWARENESS of yourself and surroundings	B BELIEVE in yourself	C CALM and relaxed	D DAYDREAM and let your thoughts wander
E EMPATHISE with yourself	F FEEL and acknowledge your emotions	G GRATITUDE be thankful for what you have	H HAPPINESS let yourself be happy
i IMAGINATION use yours	J JOY be joyful	K KINDNESS to yourself and others	L LISTEN to what is happening now
M MEDITATE and learn how to relax	N NATURE enjoy all the nature around you	O OPEN your mind to the sensations around you	P PEACE find peacefulness
Q QUIET find a quiet place with no distractions	R REST your mind for a minute	S SEE what is around you right now!	T TIME be here now in the present moment
U USE your senses	V VISUALISE your happy place	W WELLBEING look after yours	X EXHALE slowly
 elsa support www.elsa-support.co.uk	Y YOGA learn some exercises	Z ZEN be at peace	