

The Peak Perspective

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Issue 7

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OUR GOALS THIS WEEK

- Be Mindful
- Connect with your calm self
- Focus on the now, what is in this moment?
Leave the past, and don't worry about the future, just think about right now.
- Breathe
- Enjoy the moment
- Practice using your senses



ISSUE 7 - MINDFULNESS AND PRESENCE

Last week we talked about gratitude and that is a great place to start with mindfulness and presence.

Mindfulness in it's simplest terms is noticing what is happening right now.

Starting your morning with a smile, acknowledging the start of a new day with "Today is going to be a great day!" and ending your day with a smile and acknowledging what went well. It might be something big or something basic like "I opened a new packet of coffee, it smelt amazing!"



MEMORY!

My favourite ways to be mindful are either at the beach or at a park.

Use your 5 senses to help you enjoy a moment -

Sight is easy, then once you have taken in your surroundings, close your eyes.

Listen

Smell

Open your eyes again and look for something to touch - a pebble or bark.

Taste might require getting a coffee!

Although sometimes on the beach, you can taste sea salt!

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MRS CLAUS' FAVOURITE MINDFULNESS PRACTICES

Read on!



Santa's Sleigh Breath: Take a moment to focus on your breath.

Inhale deeply through your nose, imagining the breath filling your belly (not chest breathing, this is deeper) like Santa's sleigh filling with gifts. Then exhale slowly through your mouth, visualising the sleigh gracefully gliding through the air. This practice helps bring attention to the present moment and promotes relaxation.

Cookie Meditation: This is a nicer version of a similar exercise I heard of! Engage in a mindful eating experience with your favorite Christmas treat (cookie, chocolate, cheese straws). Take small bites, enjoying the flavours, textures, and aromas. Notice the sensations in your mouth and fully appreciate each bite. This practice cultivates mindfulness and gratitude for the simple pleasures in life. If you're wondering, the other one I saw was plain white beans!

Santa's List Journaling: Take a few minutes each day to reflect on the things that you are grateful for. You can create a "Santa's List" journal where you write down three things you appreciate or are thankful for each day. This practice helps shift focus to the positive aspects of life and fosters a sense of gratitude. It will also definitely get you on Santa's Nice List - guaranteed!

Reindeer Stretch: Whatever you are up to, jobs, work, preparations or watching tv, make sure you take breaks throughout the day to stretch your bodies. Imagine yourself as one of Santa's reindeer if it helps, gracefully stretching their limbs and releasing any tension. This practice promotes physical well-being and mindfulness of the body. It is also really good for your brain health to get your circulation going. Fit in a 3 minute stretch in when you get out of bed, before you get into bed, during an ad break, while the kettle is on - and cooling slightly, don't scorch the tea!

Happy Christmas, Mrs. Claus

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Mindful Activities

EFT

Emotional Freedom Technique
I recommend "Tap with Brad" on YouTube



Journaling Or Craft!

Something practical that you enjoy.



See good

Choose to see good in everyone you meet



Bubble bath

Christmas is a great time to pick up some gorgeous gift set maybe for a little less too! Get one for you?



Hand Cream

This is also a great time to pick up lovely hand creams and gift sets so you can try new ones.



Enjoy a treat



Calm space



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MINDFULNESS AND PRESENCE

Mindfulness is the intentional awareness and acceptance of the present moment, like using your senses, while presence is the state of being fully engaged and immersed in the current experience - like getting lost in a book or a puzzle or enjoying a view.



STRATEGIES FOR PRESENCE

Some strategies for staying present, are very easy such as practicing active listening, using your senses, embracing mindfulness in everyday activities, such as crafts, writing, anything practical - you could mindfully cycle or mindfully shop.

Setting boundaries with technology - Scrolling is a mindless activity, not intentional, it is a modern habit that does not sit well with health and wellbeing, we all do it, but you could up your chances of being on the "good" list by setting a timer on your phone!

Another techy no-no, which I think I've mentioned before, is THE NEWS turn it off! If you have to, watch the headlines then turn it off, but you pick up enough about what is going on in the world online, you don't need all that negativity and worry in your head.



SOME MORE IDEAS...

As well as exercise, eating mindfully, breathing deeply and journal type exercises, other activities for Mindfulness and presence are:

1. Put your phone down! When you are with other people, put your phone down and give them your full attention
2. Get outside - gardening is very mindful, walking can be too.
3. Chores, believe it or not, can be mindful, folding clothes, cleaning something, washing up, they can all be done mindfully.
4. Crosswords or word games, sudoku, matching games too, there are plenty online, but offline versions are much better for you, no ads, no notifications and plenty of pen-in-mouth-staring-into-space moments!

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GAME-CHANGING MINDFULNESS

When you are in the moment, you can't be worrying about the past or the future, because you are focused on "now". Animals are very good at living in the now, you've heard the phrase "Be more dog"? It refers to the fact that dogs live very much in the moment. In humans, the fight or flight response is a primal response to real or perceived danger.

The reason that getting someone to focus on you and count as they breathe when they are having a panic attack, is because it takes them out of the situation they are worried about and makes them focus on the immediate moment.

It's a good technique, to breathe and focus just on that, you don't need anything else, there's nothing to remember, just breathe.



INCORPORATING MINDFULNESS

Mindfulness increases productivity - fact! Imagine two people both folding washing, One sets a timer for 25 minutes, puts some upbeat music on and gets it done in 10 minutes, the other starts folding, gets distracted, hears something going on outside and goes to look, even if they then get back on track, their phone might buzz or they go off to the loo and get distracted by another job they intended to do - a timer helps you to focus and keep on task and more likely get it done faster, then you can happily check your phone knowing you have completed what you set out to do and can take 5! Maybe put the kettle on, do some stretches and enjoy the view while you're waiting - then you can relax and hydrate too!

