

# Embracing Uncertainty

## SELF CARE ~ MP3'S

### **MINI MINDFUL YOGA ~ 10 MINS**

A SESSION FOCUSING ON BREATHING AND PHYSICAL BODILY SENSATIONS, TO SHIFT YOUR FOCUS FROM LOTS OF THOUGHTS AND FEELINGS TO SIMPLY BEING IN THE MOMENT.

### **MINDFULNESS EXERCISE ~ 2 MINS**

THIS CAN HELP TO STOP OVERTHINKING AND WORRYING AND FOCUS ON THE BREATH TO BECOME MORE PRESENT IN THE MOMENT WHEN YOU ARE SHORT OF TIME.

### **MINDFUL BELLY BREATHING ~ 10 MINS**

OFTEN WHEN WE START TO FEEL STRESS; AS OUR STRESS RESPONSE KICKS IN OUR BREATHING CAN BECOME SHALLOW. THIS SESSION FOCUSES ON SLOW DEEP BREATHING TO RESTORE CALM AND FOCUS.

### **MINDFUL BELLY BREATHING ~ 10 MINS**

WHEN YOU JUST NEED TO STOP. PAUSE. BECOME AWARE WITH A BODY SCAN, TAKE CHECK OF YOUR FEELINGS, OBSERVE YOUR THOUGHTS AND CONNECT WITH YOUR BREATHING WHEN YOU ARE SHORT OF TIME.