

Be the Brand



MAY UPDATE – MINDFULNESS

HOW DID YOU GO WITH APRIL'S CHALLENGE?

Last month the focus was on increasing water intake. We hope you've been able to make progress towards your goal. Whether that's 2L a day and just small progress each week.

MAY CHALLENGE: HOW MANY DAYS CAN YOU INCLUDE MINDFULNESS PRACTICE INTO YOUR WEEK?

Attached is your goal setting and tracking sheet for May. How many days will you aim to include mindfulness into your month? What do you need to do to achieve this?

Use the calendar to record what you have achieved as you go. Make sure you keep it somewhere visible to keep you motivated for the month.

WHAT IS MINDFULNESS?

Mindfulness is paying attention to the present moment in a way that allows you to be aware of your internal and external experience. Practicing mindfulness can help to cultivate an attitude of openness, interest and acceptance. It can also be a way to help you notice and choose what feelings and emotions you pay attention to.

You can develop mindfulness during all the activities of daily living – eating, drinking, walking, driving in the car, etc. You can simply focus on the present moment, concentrate on what is happening around you and try not to be judgmental about what you notice – just notice them and let them be.

You can also delve a little deeper and include some formal practice activities including meditation (meditation apps are available to download on smartphones), yoga or tai-chi, these activities particularly focus on breathing techniques.

SHARE WITH US & WIN!

Post on the employee Facebook page or email us about the focus of the month and go into the draw to win our monthly wellness prize

WHY PRACTICE MINDFULNESS?

Research continues to demonstrate that mindfulness can help with the management of pain, anxiety, depression and stress as well as help to aid sleep, clear your head and relax in general. Being mindful can help you to enjoy every moment in life as it happens.

You can even incorporate mindful eating into your day to help feel more satisfied with your meals. Start by removing all distractions including your TV, laptop, iPad and phone. Sit down at the table and slowly start eating. As you eat, taste every mouthful, and chew your food well. Enjoy the flavour of the food, and put your knife and fork down after every bite. Eating slowly and mindfully will allow you to taste and appreciate your food, and feel more satisfied when you're finished.

TIPS TO INCLUDE MINDFULNESS

Incorporating mindfulness practice into your day doesn't have to be complicated or take a lot of time. Simply taking 5 minutes for self-care each day can do wonders to start you on your mindfulness journey. Try some of the following activities below:

- Download a meditation app or buy a relaxation CD and start to practice meditation daily.
- Join a yoga or tai-chi exercise class, borrow a book or CD from the local library or use a YouTube video for guidance.
- Go for a leisurely walk in the park or the beach, and take the time to observe the nature around you and reflect on your thoughts.
- Do some breathing exercises daily as it will help you be more aware of your breath and promote feelings of calm and relaxation.

WELLNESS ACTIVITY IDEAS FOR MAY

Here's some ideas you could do as a team or with family and friends:

- Start your shift or team meetings with a short 2-minute meditation.
- Go as a group to a local yoga session.
- Try out different guided meditation recordings to find out what style connects with you the most.

Please ensure your wellness activities are carried out in a COVID-safe way.

May 2021

FOCUS: Mindfulness

CHALLENGE: Do a mindfulness activity each day.



MY GOAL FOR THIS MONTH: _____

How will I achieve this? _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1. SET A SMART GOAL FOR THE MONTH
2.	3.	4.	5.	6.	7.	8.
9.	10.	11.	12.	13.	14.	15. REVIEW PROGRESS TOWARD YOUR GOAL
16.	17.	18.	19.	20.	21.	22.
23.	24.	25.	26.	27.	28.	29.
30.	31.					

Share your wellness achievements with us!

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