



MINDFULNESS: **A Superpower For Managing Stress And Anxiety**

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What Is Mindfulness?

Mindfulness is a technique that involves purposefully directing your attention to the present moment. It encourages you to be fully aware of your thoughts, emotions, physical sensations, and the world around you without any form of judgment or distraction. This practice promotes self-awareness and can be beneficial for overall well-being.

Mindfulness offers you the opportunity to consciously shift your mindset by intentionally transforming your thought patterns, beliefs, and viewpoints. By doing so, you can foster personal growth and enhance your mental well-being.

7 Ways To Renew Your Mind:

Practice	Practice Mindfulness
Challenge	Challenge Negative Thoughts
Engage in	Engage in Continuous Learning
Surround	Surround Yourself with Positive Influences
Embrace	Embrace Change and Flexibility
Practice	Practice Gratitude
Engage in	Engage in Physical Activity



Practice Mindfulness

- Find a quiet place/space
- Focus on your breathing
- Observe your thoughts
- Bring your mind back to the present
- Practice non-judgement





Challenge Negative Thoughts

- Identify negative thoughts
- Question the evidence
- Limit negative triggers
- Practice self-compassion



Engage In Continuous Learning:



Learn from others



Teach others



Embrace

Surround Yourself With Positive Influences



Evaluate

Evaluate your current circle



Choose

Choose supportive friends



Be

Be mindful of energy vampires

Embrace Change And Flexibility



Cultivate a Growth Mindset

Adopt a growth mindset; where you view challenges as opportunities to learn and improve – See your setback as a steppingstone rather than a roadblock.



Stay open minded

Be open to new ideas; and of new ways of thinking. Avoid clinging to fixed beliefs and be willing to consider different viewpoints.



Learn to let go

Let go of negative mindset – thinking patterns – learn from them. Develop new positive thinking patterns.

Practice Gratitude



Start and end your day with gratitude



Keep a gratitude journal



Practice mindfulness of gratitude



Engage In Physical Activities

Regular physical activity is essential for your physical health and has numerous benefits for your mental and emotional well-being.

Physical activity – stimulates the release of endorphins which are natural mood elevators.

Regular exercise – can help reduce feelings of stress, anxiety and depression, leading to a more positive outlook on life once you are in an active exercise program and committed.

Benefits:

- ❖ you'll make new friends.
- ❖ you'll laugh more at yourself; your brain will give off feel-good hormones.
- ❖ it will improve your self-confidence.
- ❖ can help you maintain a healthy weight by burning excess calories.
- ❖ Reduces stress.
- ❖ Increases your energy levels.