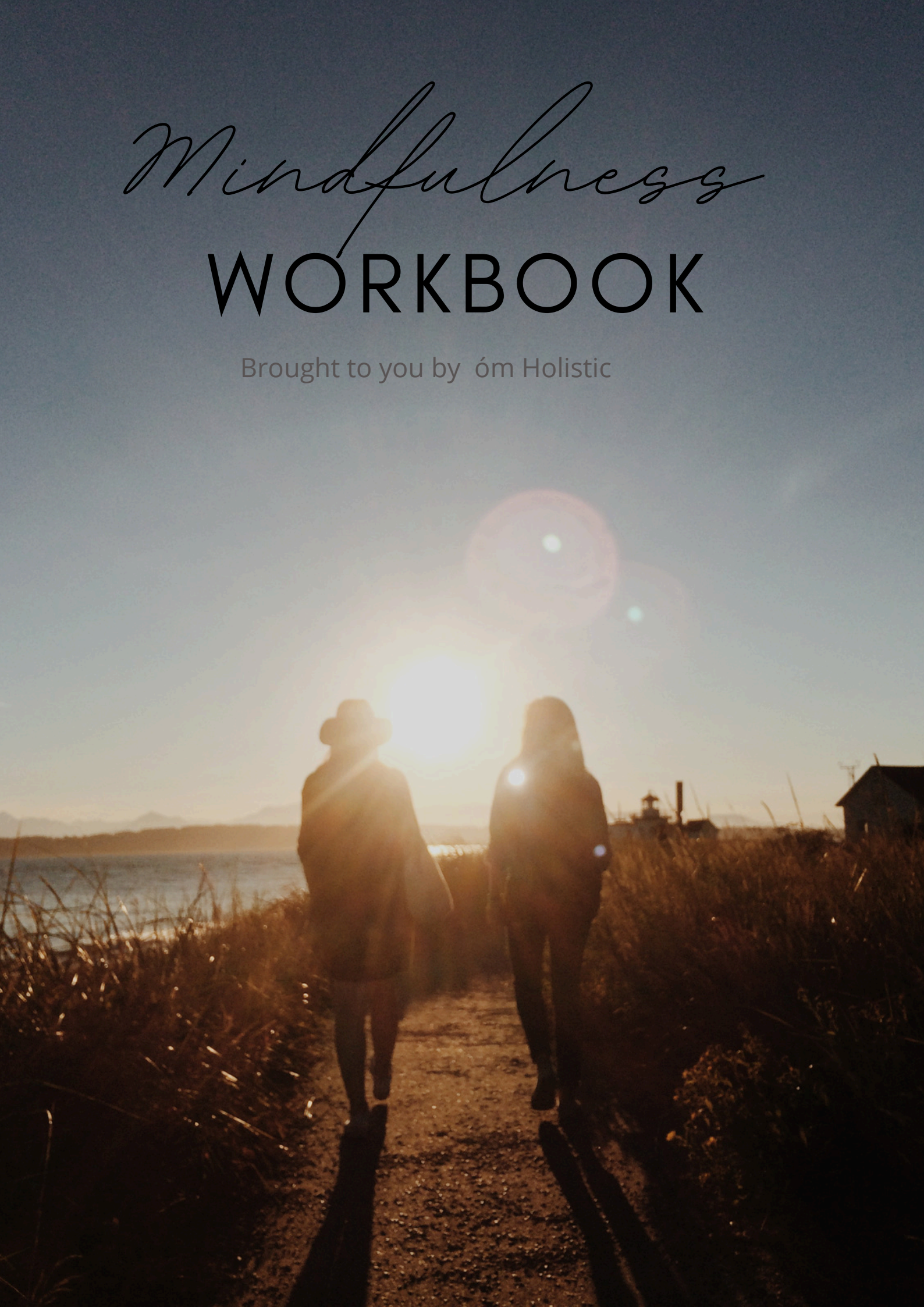
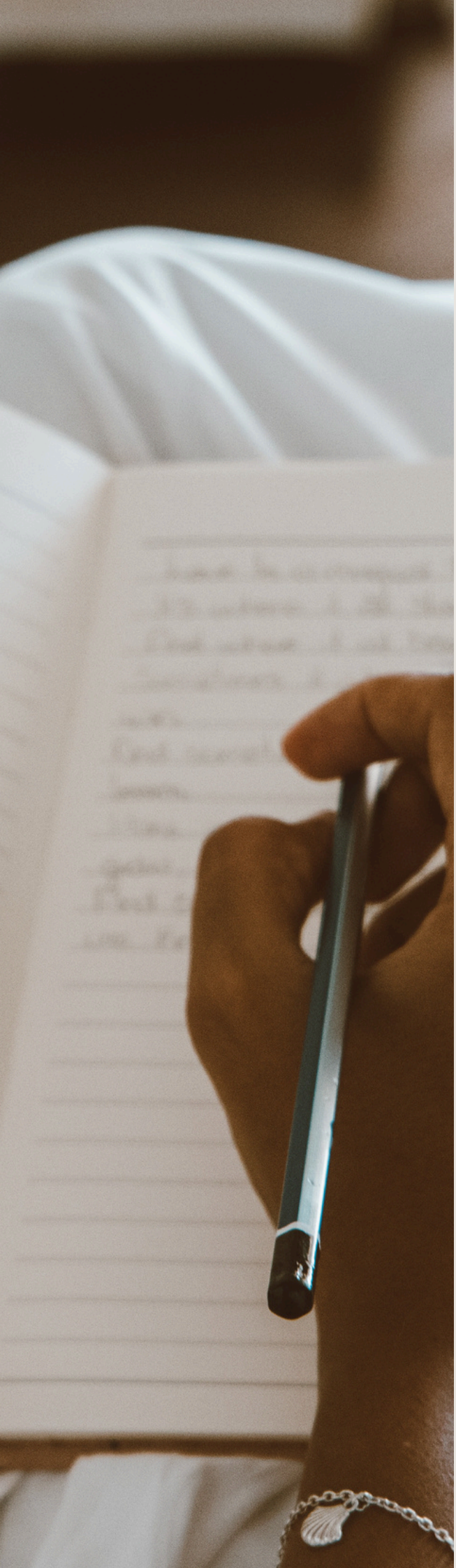
Mindfulness WORKBOOK

Brought to you by óm Holistic





WELCOME

After your treatment, you may have experienced a deep sense of relaxation and clarity.

This free workbook is designed to help you carry that feeling into your daily life. Inside, you'll find a collection of activities and reflections that encourage you to cultivate presence, reduce stress, and embrace the beauty of each moment. Theres no start or end you can jump to amy page that resonates with you.

Why a mindfulness workbook?
At óm Holistic, I believe that true healing encompasses all aspects of our being, body, mind and soul.

Mindfulness plays a vital role in this journey, allowing us to connect deeply with ourselves and the world around us. By engaging with these exercises, you'll be equipped to foster a greater sense of balance and well-being in your life.
Take your time with each activity, and be gentle with yourself. There's no right or wrong way to experience mindfulness.

I hope this workbook serves as a useful and comforting companion.

Alaine xx

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WHAT IS MINDFULNESS

Mindfulness is a state of awareness that involves being fully present and engaged in the present moment, without judgment or distraction. It is the practice of paying attention to one's thoughts, feelings, and bodily sensations, as well as the environment around them, with a sense of curiosity, openness, and acceptance.

Mindfulness can be practiced in many different ways, such as meditation, deep breathing exercises or mindful movement practices like yoga. Or by simply paying attention to daily activities such as making a cup of tea, with focused attention. It has been shown to have many benefits, including reducing stress and anxiety, improving emotional regulation, enhancing cognitive functioning, and promoting overall well-being. The practice of mindfulness is often used in therapeutic contexts as a tool to help individuals manage stress, regulate their emotions, and improve their wellbeing.

BENEFITS OF MINDFULNESS

There are many reasons why you might choose to practice mindfulness. Here are some of the key benefits that have been demonstrated through scientific research:

1

REDUCING STRESS AND ANXIETY

Mindfulness has been shown to reduce levels of stress and anxiety by promoting relaxation and helping individuals develop a greater sense of control over their thoughts and emotions.

2

IMPROVING EMOTIONAL REGULATION

Regular practice of mindfulness can help individuals better understand and regulate their emotions, leading to greater emotional stability and resilience.

3

ENHANCING COGNITIVE FUNCTIONING

Mindfulness has been linked to improvements in attention, memory, and decision-making abilities, likely due to the way it trains the brain to stay focused and present in the moment.

4

PROMOTING OVERALL WELL-BEING

Mindfulness can contribute to an overall sense of well-being by promoting self-awareness, compassion, and a greater sense of connection to oneself and others.

Overall, mindfulness is a powerful practice that can help individuals develop greater self-awareness, emotional regulation, and resilience in the face of life's challenges.

HOW TO PRACTICE
MINDFULNESS

There are many ways to practice mindfulness, and what works best may vary from person to person. Here are some general steps for practicing mindfulness:

- Find a quiet and comfortable place where you can sit or lie down without being disturbed.
- Set aside some time, even just a few minutes, to focus on the present moment.
- Pay attention to your breath, feeling the sensation of air moving in and out of your body. If your mind wanders, gently bring it back to your breath.
- Notice any thoughts or feelings that arise, without judgment or attachment. Simply observe them and let them go.
- Expand your awareness to include your bodily sensations, noticing any areas of tension or discomfort.
- Observe the environment around you, noticing any sounds, smells, or sights that you may have been unaware of before.
- Practice being fully present and engaged in the moment, without distraction or judgment.
- If you find your mind wandering, gently bring it back to the present moment, focusing on your breath or another anchor point.
- When you're ready, gradually bring your awareness back to your surroundings and open your eyes.

Remember that mindfulness is a practice, and it takes time and effort to develop. Start with short sessions and gradually increase the length of time you spend practicing.

You can also incorporate mindfulness into your daily activities, such as while eating or walking. Find what works best for you and make it a regular part of your routine.

MINDFULNESS
Routine

A regular Mindfulness routine is benefical to a healthy and confident mindset.

Often when life is busy self care is one of the first things to fall aside. Yes, I beleve mindfullness is a form of self care.

Try to set a clear schedule, a few moments a day, in the shower or before bed can work well.

If you miss a day, don't beat yourself up. Remeber at óm were all about balance. Start again tomorrow after a good sleep.

MEDITATION
Practice

Meditation is another stress and anxiety relief method to practice. You can start by adding short sessions to your Mindfulness schedule.

There are several good guided meditation videos, varying form 20 min's to a hour, avaiable advert free on youtube. They are great to practice before bed.

If that isn't for you, try walking in nature, device free, focus on the inhale and exhale.

12 Days OF MEDITATION

If you feel ready, try one of the following each day, over the next 12 days. Don't worry if you miss a day. Get a good nights sleep and start again.

1. Observe your breath
2. Practice yoga or mindful movement
3. Engage in a body scan meditation
4. Take a few moments to breathe deeply
5. Spend time with a loved one
6. Spend some time in silence
7. Practice mindful eating
8. Notice any sensations in your body
9. Practice self-compassion
10. Observe your emotions
11. Practice deep listening
12. Practice loving-kindness meditation

Your goal is not to battle with the mind,
but to witness the mind.

- Swami Muktananda

16 Days of Mindfulness

If you feel ready, try one of the following each day, over the next 16 days.

Focus On Your Breath	Think Of Someone You Love	List Things You Are Grateful For	Say Positive Things About Yourself
List 3 People You Are Grateful For	Observe Your Emotions	Meditate For 5 Minutes	Visualize A Place You Love
Take Few Breaths Outside	Say Compliments To Yourself	Engage In A Creative Activity	Focus on The Present Moment
Spend Some Time In Nature	Start Journaling	Go Barefoot Walking	Create An Affirmation List

> Focus on the steps
> in front of you,
> not the whole staircase.

30 MINDFULNESS CHALLENGES

☐ 01 Acknowledge everything that surrounds you	☐ 02 10 minutes walking meditation	☐ 03 Try a short yin yoga session	☐ 04 Do something that makes you happy	☐ 05 Read 10 pages of a book
☐ 06 Live in the present moment	☐ 07 Notice what you can see	☐ 08 Stretch	☐ 09 Notice 3 things that you can hear	☐ 10 List 3 things you are grateful for
☐ 11 Practice deep breathing for 2 minutes	☐ 12 Be aware of small things that make you happy	☐ 13 Go outside	☐ 14 Enjoy the fresh morning air	☐ 15 Drink a herbal Tea
☐ 16 Watch the sunset	☐ 17 Act like a child	☐ 18 Talk to a dear friend	☐ 19 Express how you feel	☐ 20 Eat mindfully
☐ 21 Watch the sunrise	☐ 22 Go offline for one hour	☐ 23 Notice 3 things that you can smell	☐ 24 Do a Body scan meditation	☐ 25 Be patient and kind to yourself
☐ 26 Meditate for 5 minutes	☐ 27 Notice 3 things that you can feel	☐ 28 Journal	☐ 29 Listen to a dharma	☐ 30 Do a self face massage

Mindfull Prompts

Practice breathing exercise	Create a vision board	Make a fun activity plan	Write a dream journal
Hang out with your best friends	Be kind to a stranger	Write a gratitude list	Book your next self care treatment
Do a fun activity	Practice a favorite hobby	Meditate and do yoga	Smile at a stranger
Have a bubble bath	Cook your favorite dish	Read your favorite novel	Learn something new
Do yoga in the morning	Listen to your favorite music	Track your positive habits	Write a story in your journal
Drink 6 glasses of water	Go for a late night walk	Avoid social media all day	Go to bed early
Stay offline for the whole day	Practice Gratitude	Take a nature walk	Learn to enjoy solitude

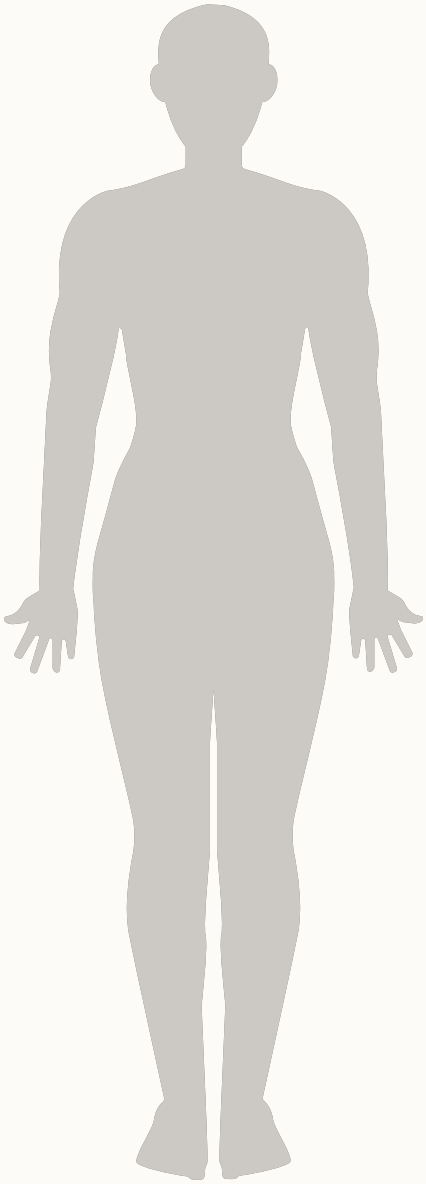
BODY SCAN

Close your eyes.

Take a deep breath in through your nose, and out through your mouth.

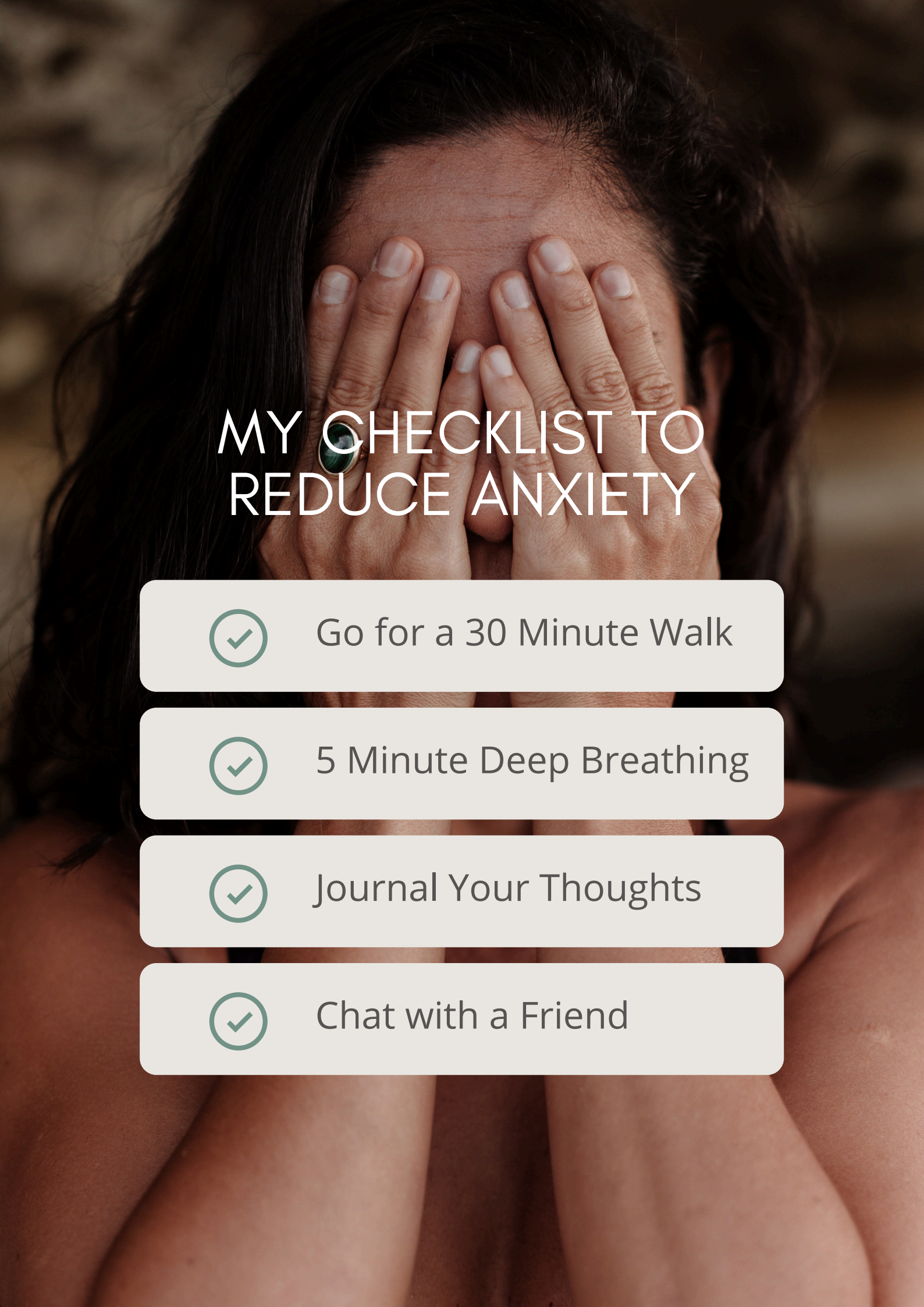
Starting with the top of your head, become aware of how your body feels.

Slowly move down your body, noticing how each body part feels, down to your toes.



Draw a face on the person to represent how you are currently feeling.

Make a note of any areas of discomfort on the body.



MY CHECKLIST TO REDUCE ANXIETY

- Go for a 30 Minute Walk
- 5 Minute Deep Breathing
- Journal Your Thoughts
- Chat with a Friend

FEELING OVERWHELMED

Emotional overwhelm entails more than being stressed. By definition being emotionally overwhelmed means to be completely submerged by your thoughts and emotions about all of life's current problems, to the point where you lack productivity and feel frozen or paralyzed.

PRACTICE MINDFULNESS

Take a few deep breaths. Notice your behavior and feeling without judgment or reaction.

LABEL AFFECT

This is a "neuroscience" way of saying: Name what you're feeling. "I am feeling (nervous/anxious/stressed/ overwhelmed)."

REFRAME YOUR THOUGHTS

Change your mindset to see your current situation from a different perspective. View your stressful situation as a challenge you have prepared to overcome.

SHIFT TO EXCITEMENT

From a biological perspective, feeling anxious is much the same as feeling excited: rapid breathing, wide eyes, sweaty palms, fast heart rate.

2-step Guide to Gratitude

01

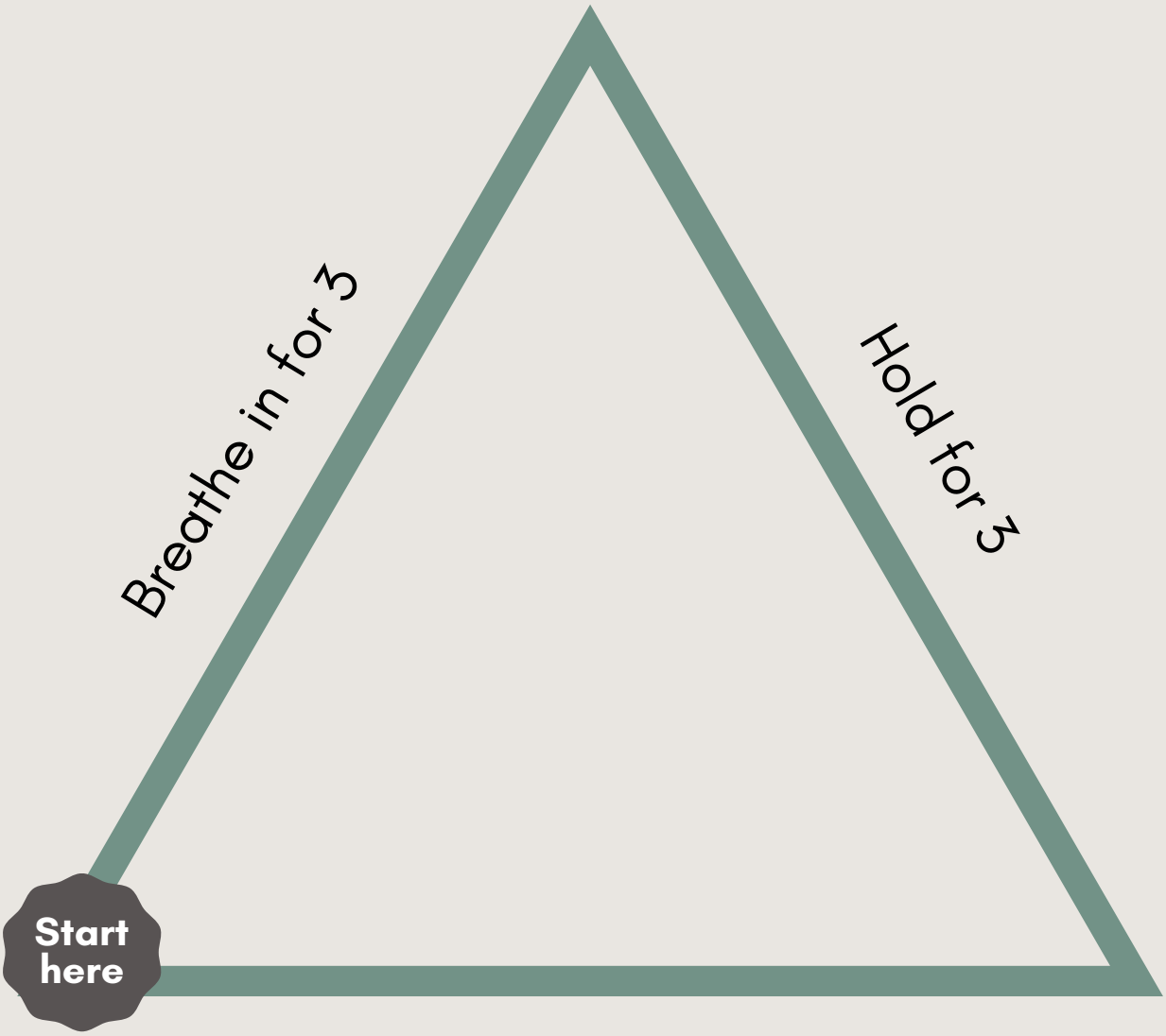
Start by observing. How many thank yous did you say today? How are you feeling when you express thanks?

02

Recall the instance you said thanks today. What were you grateful for?

TRIANGLE BREATHING

brain break



Breathe out for 3

Starting at the left bottom of the triangle.Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.

5-4-3-2-1
GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5

5 things you can see

4

4 things you can touch

3

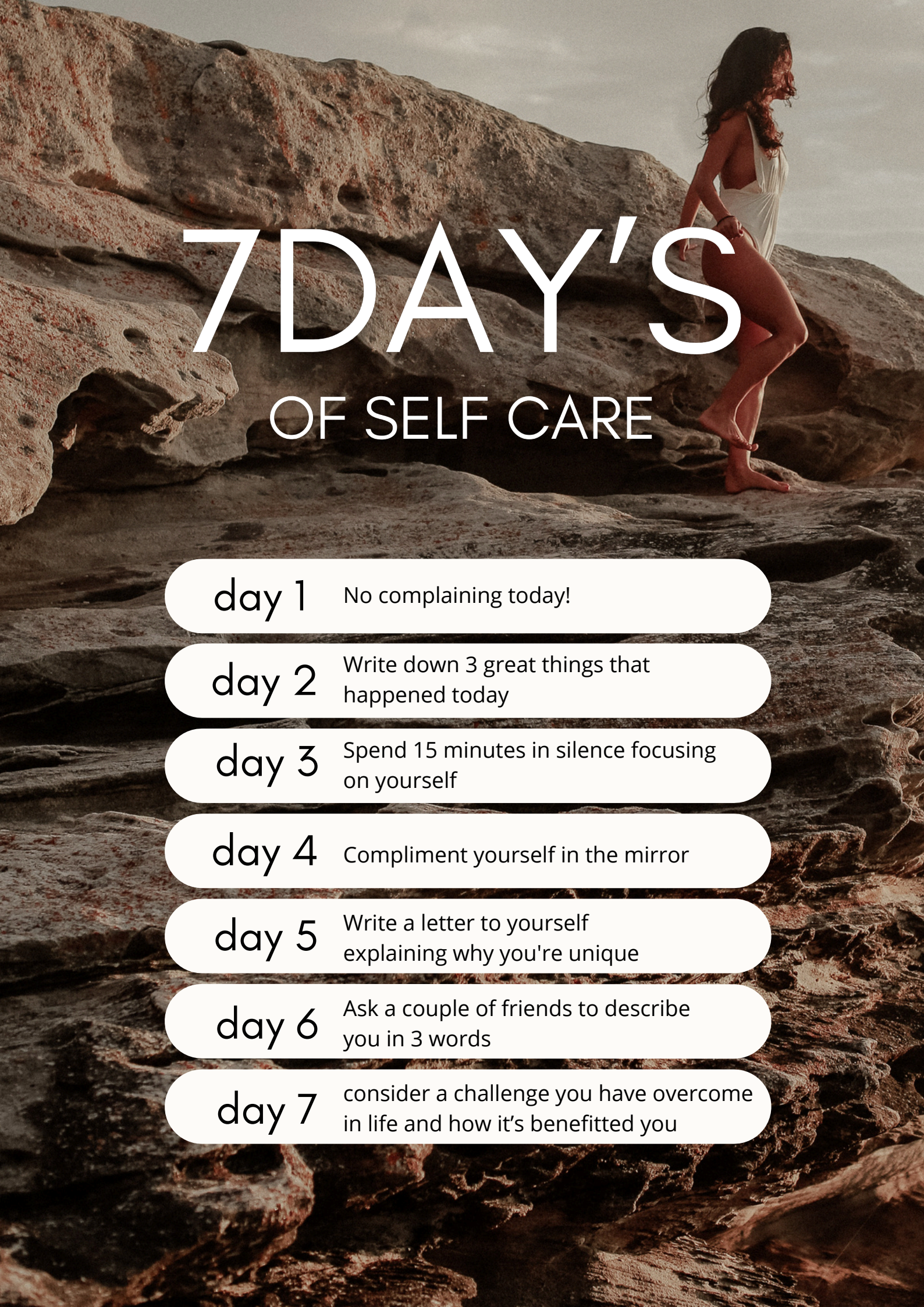
3 things you can hear

2

2 things you can smell

1

1 thing you can taste



7DAY'S

OF SELF CARE

day 1	No complaining today!
day 2	Write down 3 great things that happened today
day 3	Spend 15 minutes in silence focusing on yourself
day 4	Compliment yourself in the mirror
day 5	Write a letter to yourself explaining why you're unique
day 6	Ask a couple of friends to describe you in 3 words
day 7	consider a challenge you have overcome in life and how it's benefitted you

NEGATIVE → POSITIVE

My negative thought:

Evidence for my thought:

Evidence against my thought:

How can I reframe my negative thought to a more realistic one?

EXPLORING EMOTIONS

Can you recognize your emotions?

How do you feel when it is your birthday?

How do you feel when you fail a test?

How do you feel when it rains?

How do you feel when someone hugs you?

How do you feel when you have a nightmare?

Can you express and explain your emotions?

Think how you feel at this moment and draw it. Then explain why you feel this way.

MINDFUL MINUTE

If you had 60 seconds to *pause and reset*, what would you do?

Share it here!

RESILIENCE STRATEGIES

Write strategies that you have used in the past, or could use in the future to help you successfully overcome a challenge.

THOUGHT RECORD

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

EVENT

What happened?

FEELINGS

How did it make me feel?

THOUGHTS

What was I telling myself when the event was happening?

BEHAVIOUR

What was my response to the situation?

SUPPORTIVE EVIDENCE

Why is my thought true?

NON-SUPPORTIVE EVIDENCE

Why might my thought not be true?

GROUNDING PRACTICE

01 Take a few moments to breathe deeply

02 Focus on the sensation of your feet touching the ground

03 Take a few moments to notice your surroundings

04 Practice acceptance of what is

05 Don’t try to change or control the situation

06 Practice self-compassion by offering kind and supportive words to yourself

WHEN I FEEL WORRIED

Things that make me feel worried are:

This is how my face looks:

My body responds by:

The opposite of feeling worried is:

My face when I feel this way:

Things I can do to help myself feel more secure:

TIPS FOR MANAGING YOUR MENTAL HEALTH

Catch up with others over a coffee

Consume as little news as possible

Stay physically and mentally active

Ask for help

Reduce your alcohol & cafine consumption

SELF AWARENESS

READ THE PROMTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND.
FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

SELF ASSESSMENT

How do I feel at this moment?

What am I putting off?

Overall well-being

1 2 3 4 5 6 7 8 9 10

I get enough sleep

1 2 3 4 5

I spend time to recharge

1 2 3 4 5

I have a healthy eating habit

1 2 3 4 5

I keep my space clean

1 2 3 4 5

I exercise my body regularly

1 2 3 4 5

I take care of my hygiene

1 2 3 4 5

DEEP BREATHING

Slow your breathing

Sit or lie down somewhere comfortable

Breathe in through your nose for 4 counts

Hold your breath for 2 counts

Breathe out through your nose for 6 counts

Repeat - practice

AFFIRMATIONS

DATE _____

I AM ...

MINDFULNESS GOALS

Today's affirmation:

What is the purpose behind my Mindfulness goals?

What motivates me to achieve them?

How can I achieve them?

Habits to Start:

1.
2.
3.
4.
5.

Habits to Stop:

1.
2.
3.
4.
5.

WHAT'S YOUR MINDFULNESS MANTRA?

CHOOSE WHAT RESONATESAND
REPEAT IT EVERYDAY THIS WEEK

Less is
more

When you can't create,
meditate!

Exhale stress,
inhale peace

I am attracting all
the love I deserve

I live only
in the present

With change comes
opportunity

MINDFULNESS JOURNEY

Month: _____ Year: _____

ACTIVITIES I DID TO BE MORE MINDFUL

_____ _____

_____ _____

_____ _____

AFFIRMATION

-
-
-
-

TODAY'S MOOD

I'M GRATEFUL FOR

INSPIRATION: .....

.....

.....

MINDFULNESS JOURNEY

Month: _____ Year: _____

MY TOP PRIORITIES

GOALS FOR MY MIND:

- _____
- _____
- _____
- _____

GOALS FOR MY BODY:

- _____
- _____
- _____
- _____

REMINDER

MY NOTE

Ways to Practice Mindfulness Every Day

Begin your day with purpose

Live in the present moment

Nourish your mind and body with deep breaths

Bring your attention inward by journaling

Express gratitude before you go to sleep

MENTAL NEEDS

Affirmation

Project Task

Boundaries

- ◯ Saying no when you'd rather not do something
- ◯ Not volunteering for extra work
- ◯ Communicating needs directly to others

Cognitive Abilities

- ◯ Learning something new
- ◯ Playing brain games to improve concentration
- ◯ Reading

Therapy i.e walking/yoga

Take a Break

MINDFULNESS REMINDER

Month: _____ Year: _____

WHAT KEEPS ME GROUNDED?

WHEN AM I AT MY BEST?

MINDFULNESS TO DO

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

notes

for later

PLAYFULNESS CHALLENGE

Tick off each activity as you achieve it!

- [ ] Watch a sunrise or sunset without taking a photo
- [ ] Put on a song that makes you sing along
- [ ] Taste something new and describe the flavours
- [ ] Colour in or paint a picture
- [ ] Walk in nature and look for hidden creatures
- [ ] Feel the different textures of leaves in your garden
- [ ] Look at yourself in the mirror and start laughing, after a few moments the laughter becomes real!
- [ ] Play a boardgame with friends or family

MINDFUL MONDAY

What does it mean to be mindful?

How can you practice being mindful every day?

MINDFULNESS PLANNER

My Mind Goals

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Daily Affirmation

My Body Goals

My Note

“

Meditation practice isn’t about trying to throw ourselves away and become something better. It’s about befriending who we are already.

–
Pema Chödrön

THIS WEEK'S REFLECTION

NOTE: The questions are deliberately vague - so, write down whatever pops into your mind.

1. **Tolerances** *(What are you putting up with at the moment?)*

.....

2. **Shoulds** *(What do you think you should be doing right now?)*

.....

3. **Frustrations** *(What things are frustrating you?)*

.....

4. **Desires** *(What do you really want right now?)*

.....

5. **Feelings** *(How do you currently feel and want to feel?)*

.....

Review your answers above, then imagine and write down what you will do to address each learning within the next week:

1st Key Observation .....

Action 1 .....

2nd Key Observation .....

Action 2 .....

Daily MINDFULNESS

You can start with these small steps, they dont have to all be achived in one day. Perhaps you just achived one, that is enough for now.

GET A GOOD SLEEP

5 MINUTE MEDITATION

TAKE A WALK

SAY THANK YOU

EAT MINDFULLY

DRINK ENOUGH WATER

WEEKLY REVIEW

What have I achieved this week?

What have I learned this week?

What could I do differently next week?

JOURNALING PROMPTS

What makes you feel powerful?

What makes you feel in control?

What makes you feel at peace?

JOURNALING PROMPTS

How do you physically feel at this moment?

Write down all of your goals for the next year, big or small.

Write down all aspects of the perfect “you day”.

Thank You!

Thank you for taking the time to visit me at óm Holistic. Your presence is a true gift, and I am deeply grateful for the opportunity to provide you with a space to relax, release tension, and find balance.

Whether you spent a few moments reading this workbook or pulled out a few choice pages to work on, know that your engagement matters.

Feel free to share this workbook with someone special who may also benefit from its contents; your kindness can ripple through the lives of others.

If you prefer a printed version of this workbook, just drop me an email, and I'll happily prepare one for you to collect on your next visit to the studio. Your journey towards mindfulness and well-being is important to me, and I look forward to seeing you again soon!

Alaine xx