

MINDFULNESS

- ▶ Practicing mindfulness is a great way to help relieve any stress and anxiety you might be feeling.

THERE ARE LOTS WAYS YOU CAN PRACTICE MINDFULNESS:

- ▶ Try concentrating on all small details of an activity you do every day like brushing your teeth.
- ▶ Take time out of your day to relax, focus on yourself and to collect your thoughts. This can help you to reset before an important event like a presentation, exam or a big game.
- ▶ At the end of each day, take a few minutes and find a quiet space (no phone or other distractions!) where you can think about what happened during the day, process it and bring yourself back to the present.