



WORLD MENTAL HEALTH DAY

MENTAL HEALTH IS NOT ABOUT THE TIMES WE'RE STRESSING OUT, BUT ABOUT THE TIME WE'RE LIVING OUR LIVES.

TAKE A MOMENT FOR YOURSELF TODAY AND CELEBRATE WITH US.

Maintaining a sense of mindfulness and awareness during our daily activities can lead to a richer and more fulfilling life. Here are some tips for how to be more mindful and focus on your own mental health 365 days a year.

STARTING THE DAY: Wake up and take a moment to acknowledge how special it is to be alive.

EATING: Place a small dot on your refrigerator door or kitchen table to serve as a reminder to bring awareness to what you are about to eat.

THIS MOMENT: Throughout the day, recognize when you are not fully present and return your awareness to the present moment.

PHONE: Answer your phone on the third ring. Use the first two rings to come back to the present moment before answering.

PAUSING: Periodically pause during the day to take several mindful breaths. Then continue with whatever you were doing.

RESPONDING: We have the opportunity to practice mindfulness each time we choose to thoughtfully respond instead of react.

ACTIVITIES: Participate in activities that bring joy and compassion and avoid those that bring confusion or pain.

ENDING THE DAY: Take a moment before going to sleep to practice gratitude. List three things you are grateful for that day.

For more information on mental wellbeing, or to bring us to your workplace, please visit us at www.journey.live/journey-for-organizations

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