

# Mindfulness

*A powerful guide to positivity*



*Beyond The Bounds*

Say No To Pressure But Yes To Passion





## This guide is designed to assist you:

- To become more self-aware
- To feel calm and less stressed
- To feel more able to choose how to respond to your thoughts and feelings
- To cope with difficult or unhelpful thoughts



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- HERE ARE A COUPLE OF EXERCISES. NO EXTRA EQUIPMENT IS NEEDED:



- Run, walk or move. Notice your body's sense of movement. You may detect your breeze in your skin, the feeling of your feet or hands on the ground and surfaces, as well as the many odours surrounding you.

# Mindful coloring and drawing.

Instead of trying to draw, focus your attention with careful colours, using a coloured book or coloured sheet, on the current moment (ones usually designed for adults)

- Possible to reduce stress and anxiety
- More attention, which may also assist strengthen our concentration abilities in other areas, including studies.
- Promotes creativity, which might help us to address problems creatively





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# Mindful meditation

This entails sitting silently and concentrating on your breathing, thoughts and feelings.





**Credits:**  
**Beyond The Bounds organisation**  
**Global Changemakers**

**For any enquiries/questions feel free to get in touch with us!**



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