

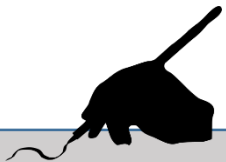
REFLECTION AND PRACTICE OF MINDFULNESS

2

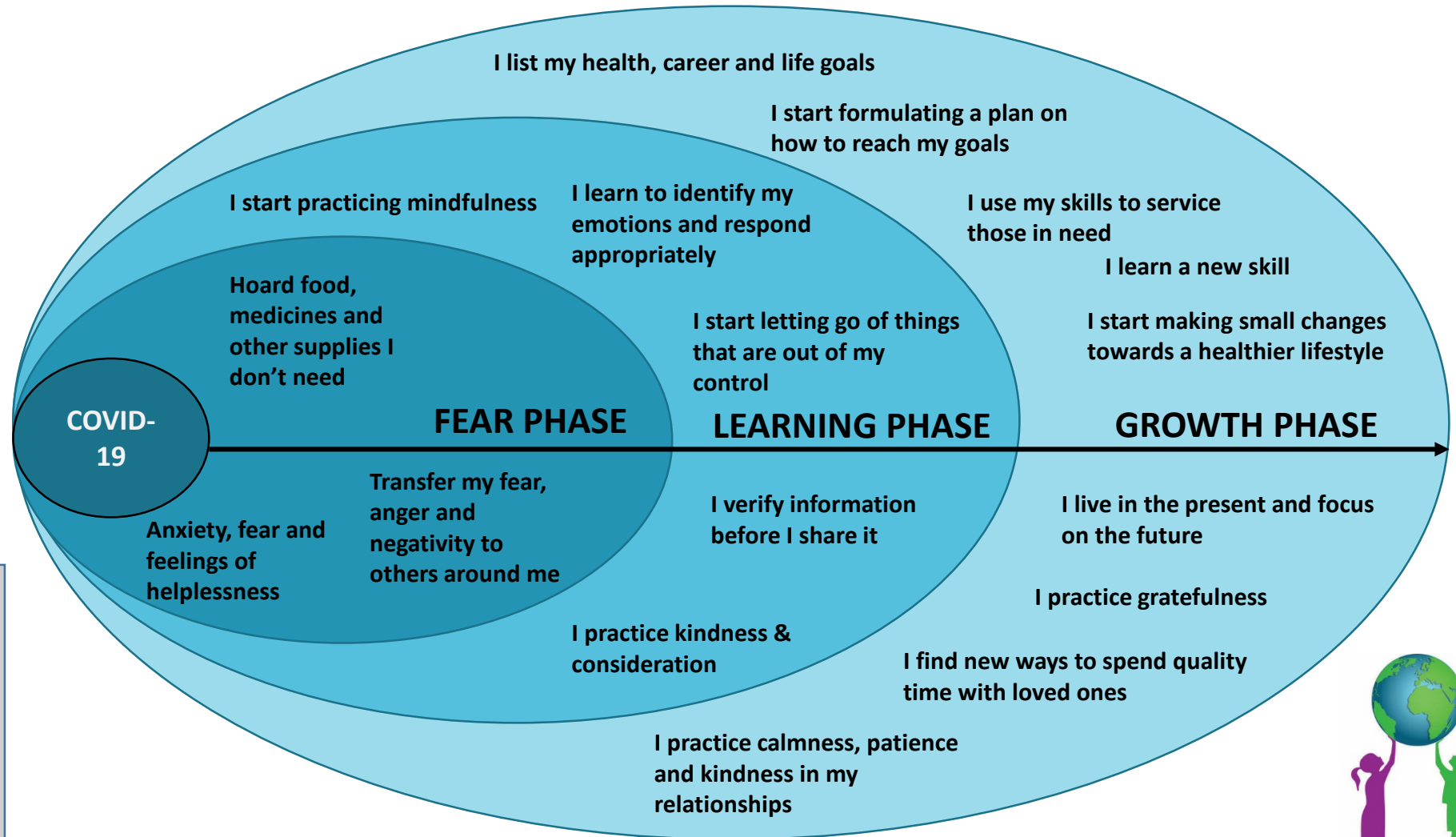
We can use this period of **self-quarantine** to reflect and to start the **practice of mindfulness** towards better health and wellbeing.

Reflect on:

- ❖ **What** is my purpose?
- ❖ **Who** do I want to be during **COVID-19**?
- ❖ **Where** do I want to be after COVID-19 with my health and life?



Keep a journal as you move through these phase, reflect throughout on where you are and reward yourself for achieving personal growth at the end of this period



KEEP A LIFESTYLE DIARY /JOURNAL

3

- ❖ *What is your longer-term lifestyle goal/s?*
- ❖ *Food choices (what eaten, why eaten, when eaten, feeling hungry? Emotional triggers? Snacks? Food prepared from scratch?)*
- ❖ *Frequency and type of exercise/activity? Barriers to being active?*
- ❖ *What do I spend my time on? Prioritize!*
- ❖ *Reflect on your career goals / new skills that you want to acquire*



Pause and reflect on lifestyle journal



Plan daily to keep on track



Remember it's an ongoing process!



Benefits of keeping a journal include:

- ❖ *It clears your emotions*
- ❖ *Writing in your journal reduces stress*
- ❖ *Reducing scatter in your life*
- ❖ *Increased focus*

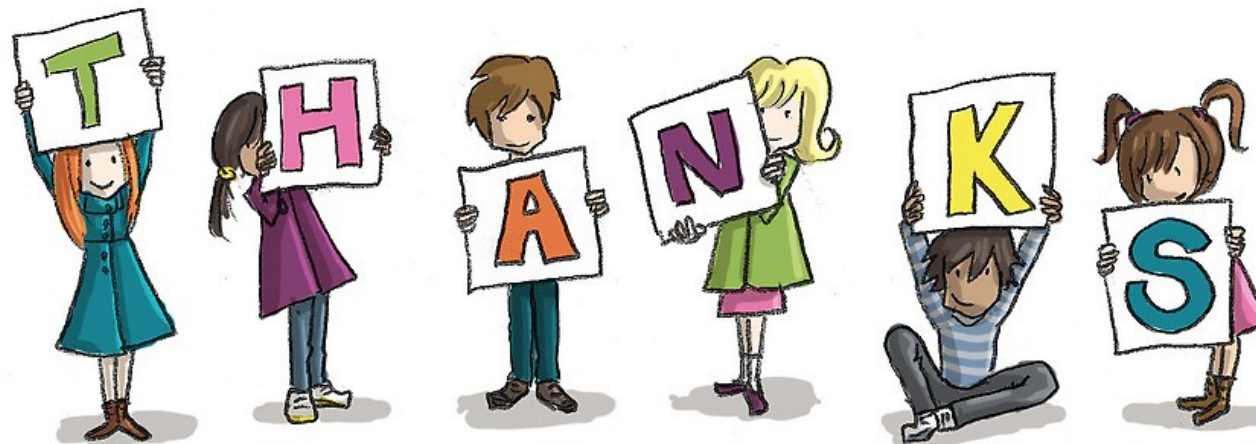


PRACTICE GRATITUDE

4

Develop an attitude of gratitude of your past and present plus a spirit of unbridled optimism for your future and discover the power of gratitude,

- ❖ to help you better deal with adversity
- ❖ to build strong relationships with friends and family
- ❖ to motivate you in making healthy lifestyle changes and choices daily



ENJOY FAMILY MEALS AND LEISURE TIME TOGETHER

5

- ❖ This period of self-quarantine means that many families are spending more time at home, which provides new opportunities to share meals together. Family meals are an important opportunity for parents to be role models for healthy eating, and for strengthening family relationships.
- ❖ Increased time at home during this period may also present new opportunities to involve children in cooking healthy foods, which can help them acquire important life skills that they can carry into adulthood.



**Food tastes better when you
eat it with your family.**

During sedentary leisure
time prioritize cognitively
stimulating activities, such
as reading, board games,
and puzzles.



CHANGE THE WAY THE BRAIN DEALS WITH STRESS WITH “MINDFULNESS”

6

- ❖ **Focusing your attention** on the present moment has been found to be the key element to happiness and a healthier mind and body.
- ❖ **Focus your mind** on whatever activity you are busy with at that moment fully.
- ❖ **Experience and enjoy** the moment fully



BUILD A SUPPORT GROUP

7

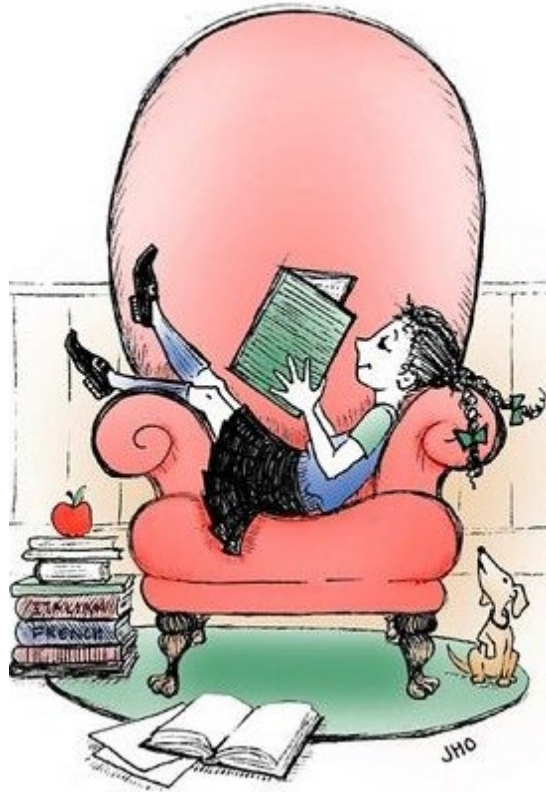
- ❖ **A support group** is an important part of your journey towards a healthier lifestyle.
- ❖ **These are like-minded people**, friend or family who can provide support for your goals but also are a support to your mental and emotional well-being.
- ❖ **Ask friends, family members or co-workers** to join you on certain goals. There is usually others around you want to lose weight, eat healthier or exercise more or who would like to see you succeed.
- ❖ **Having a support group keeps you motivated**, helps you keep on track in increases the likelihood of meeting your long-term goals.



CELEBRATE THE SIMPLE PLEASURES IN YOUR DAY DURING COVID-19

8

- ❖ That first glorious sip of coffee or tea in the morning
- ❖ Climbing into a bed with freshly washed sheets
- ❖ The first bite of a decadent dessert
- ❖ Laying down on a blanket and watching the stars
- ❖ Holding hands with a loved one



- ❖ Dining by candlelight
- ❖ Enjoying a home cooked meal around a table with your family
- ❖ Freshly baked cookies right out of the oven
- ❖ Reading a book that resonates with you

PLAN FOR FUTURE PLEASURES!



CELEBRATE THE SIMPLE PLEASURES IN YOUR DAY DURING COVID-19

9

- ❖ When your favorite song comes on the radio sing along to the music
- ❖ A stunning sunset
- ❖ Bringing a smile to someone's face
- ❖ Hot towels right out of the dryer
- ❖ Dancing without a care in the world



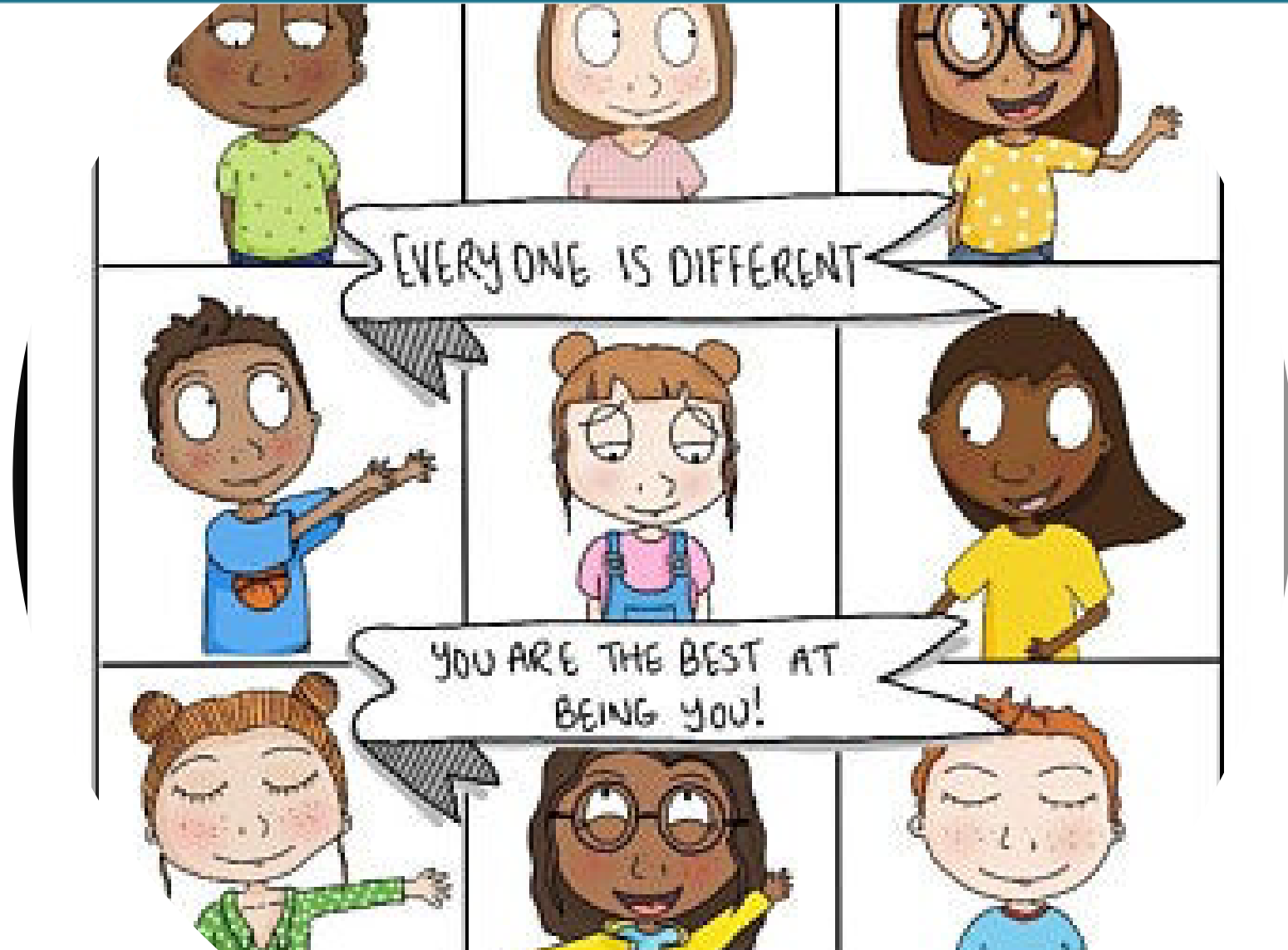
- ❖ A long, hot bubble bath
- ❖ The smell of your favorite candle permeating the house
- ❖ Lemon slices in your water or iced tea
- ❖ Having a good laugh
- ❖ Blowing bubbles with little kids

PLAN FOR FUTURE PLEASURES!



BE THE BEST YOU

10





Thank you.

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