

# Mindfulness techniques

to feel more energised



WPA

## Committing to filling your cup

Take a few moments every day to simply observe your thoughts. This is an easy way of changing the patterns in our minds that can lead us down unhealthy paths or create more positive outcomes for ourselves and others around us. Practising for at least 10 minutes daily will help to overcome fatigue.



## How mindfulness makes you feel energised

To fill your cup means to pause and recharge. Mindfulness is the act of paying attention to what's going on around us. It can be hard at first but once you get used to it there are so many benefits. It's important that we take time for ourselves, so our batteries stay charged up.

### How to start the day feeling energised

- Take a few deep breaths when you wake up in the morning. This will help clear your mind and get rid of any tension.
- A quick self scan can tell us a lot about how we are feeling physically. Are you feeling sluggish with low energy levels?
- If you're feeling sluggish after getting out of bed, take some more vigorous breaths and massage your scalp before rotating your wrists and ankles.
- Jumping out of bed can be a great way to get your body moving and feel ready for the day. This will also help get your blood flowing properly.
- Try a few simple forward bends, then stand up and reach for the sky. Repeat three times to get an instant mood boost.
- Side bends are a great way to open up the side waist and get that diaphragm working hard. Try three sets of ten.
- Next, set an intention for the day. If you're feeling stressed or overwhelmed by work, try setting your mind on something positive instead.
- Take some time out of each morning and ask yourself what you want, whether it's at work or with friends – even if it's just "being kind".
- Focus on your goal and decide on at least one good, simple way to address it.

### Avoiding the afternoon slump with mindfulness

It's not just the physical tiredness that comes with a stressful day, but mental weariness too. By mid-afternoon, many of us have stopped breathing deeply. We feel tired and sluggish because our bodies have started slowing down energy production. The longer you spend seated, the more your body becomes tense and tight. This affects how much oxygen flows to parts of our brain that are critical for performance – including mental focus.

You may be tempted to grab a coffee or candy bar. Don't do it! Quick fixes can lead to crashes later. Instead, try this standing meditation that'll make you feel like a more energized version of yourself.

- Take a deep breath and hold it for four seconds, then release the air in one slow, steady stream for six seconds. Repeat this for 30 seconds.
- Next, inhale quickly while raising your arms up as if reaching towards an invisible bar above you. Exhale while pulling the imaginary bar down. Again, repeat this for 30 seconds.
- Focus on how your body feels more energised and ready for what the day brings.

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