

# Active wellbeing



## BEGIN WITH THE END IN MIND

Begin with the end in mind can help you focus on what you do want to have happen rather than what you don't.



## VISUALISE YOUR FUTURE

When we visualize or imagine a successful outcome we actually stimulate the same brain regions as we do when we physically perform that same action. Visualisation is a way of conditioning for our brain for successful outcomes.  
Ask any elite athlete!



## 7/11 BREATHING

A simple technique such as 7/11 breathing can help slow the breath and activate the relaxation response. 7/11 breathing is a simple technique using the breathe to help you relax. By making each "out" breath last longer than each "in" breath and counting at the same time it helps initiate the body's natural relaxation response all within minutes.



## OUT OF YOUR HEAD INTO YOUR BODY

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day – and most of those thoughts are repeats! Over thinking can lead to unnecessary anxiety and worry. When you find yourself stuck in thinking mode, get moving – do some exercise, stand up and stretch, anything to break up the chain of thought.



## BODY SCAN MEDITATION

Body scanning helps us be more mindful and aware of our bodies. Its an excellent way to release tension and let go of emotions. Body scan meditation is a good way to release tension you might not even realize you're experiencing. Body scanning involves paying attention to parts of the body and bodily sensations in a gradual sequence from feet to head.