

# 6. Mindful Physical Activity



## Add some mindfulness to your workout

### DOING

#### DURATION

10 minutes

#### FREQUENCY

1x/day

#### DIFFICULTY

Easy

#### EVIDENCE QUALITY

★★★★

+ WELLBEING

+ RESILIENCE

+ MOOD

+ ANXIETY

+ STRESS

### What it is?

- Mindfulness is the practice of being fully present in the moment, the here and now.
- Often when we engage in physical activity (in whatever form you enjoy), we are focusing specifically on the workout, and our mind is freed from our daily problems – pretty much the definition of mindfulness.

### What can I use it for?

- Mindful physical activity can bring you a stronger connection with your body, better results, and greater sense of satisfaction with your workout. This can be used for any form of physical activity, from a casual jog to more energetic workouts like CrossFit or F45.

### How to do it?

1. Have a purpose for each workout, and remind yourself of the reasons you've decided to do it.
2. Slow down and focus on your form and every movement.
3. Turn off the music you might usually listen to, and pay attention to the sounds around you (like the rhythm of your feet on the pavement).
4. Pay attention and notice the sensations in your body throughout the workout, and as you cool down.
5. Remind yourself to breathe, and notice how your breath changes throughout the workout.

### Anything to consider before I start?

- There is heaps online to help practice this one, have a quick google if you're looking for more tips. Search for "how to work out more mindfully".
- If you have an existing physical injury or medical condition, please seek medical or professional advice before embarking on any strenuous physical activities.

## 6. Mindful Physical Activity

*Add some mindfulness to your workout*

How will you practice this activity?

When do you think you would like to practice this activity?

How will you celebrate the fact that you've practiced?

It might be helpful to write a habit statement, wrapping up the above sections into one sentence. Do this in the box below.

### MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?



DOING

