

DAILY MINDFULNESS FOR MENTAL HEALTH



Cultivating awareness and inner peace



Mindfulness is the practice of being present and aware in the moment. It can help reduce stress and anxiety, improve mood, and promote overall well-being. Here are some tips to help you cultivate mindfulness.



Practice mindful meditation. Set aside a few minutes each day to sit in quiet reflection. Focus on your breath, body sensations, or a mantra to help you stay present.



Start with your breath. Take a few deep breaths and focus on the sensation of the air moving in and out of your body. This can help you become more grounded and present.



Engage your senses. Take a few moments to notice the sights, sounds, smells, and tastes around you. Engaging your senses can help bring you into the present moment.

Daily Observer Mind Practice with "Let It Go" Visualisation

This practice combines *Observer Mind* and *Let It Go* visualisation to help create emotional distance from painful thoughts and release them without holding onto distress.



Morning Practice (5-7 minutes)

✿ Setting the Observer Mind

Find a Quiet Space

Sit comfortably with eyes open or closed.

Take three slow, deep breaths (inhale for 4 seconds, exhale for 6).



✿ Step into Observer Mode

Picture yourself sitting in a peaceful place (a garden, a beach, by a river).

Imagine your thoughts appearing in front of you, like images on a screen or words in the air.

Label the thoughts neutrally

Instead of reacting, name them without judgment:

"Here is an old memory."

"Here is fear."

"Here's my inner voice."

✿ 'Let It Go' Visualisation

If it's a worry, place it on a leaf floating down a stream.

If it's a painful memory, imagine it as a balloon slowly rising into the sky.

If it's an overwhelming feeling, picture it as a wave rolling in and out of the ocean.

Watch the thought move away without grasping onto it.

✿ Anchor in the Present

Feel the breath, the ground under your feet, or the warmth of your hands.

Silently say: "I am separate from my thoughts. I can easily let go of what does not serve me."



During the Day

Using the Technique in Real Time

When a difficult thought, message, or memory arises, you can:

Pause & Breathe – Take three deep breaths.

Step Back as the Observer – “I see this thought. I don’t have to hold onto it.”

Use "Let It Go" Visualisation –

Imagine placing the thought on a cloud, leaf, or balloon and watching it drift away.

Redirect Attention to the Present – Notice the breath, sounds, or surroundings.



Evening Practice (5 minutes)

Releasing the Day

Reflect on any emotional triggers

If you had thoughts about someone or something that triggered guilt, anxiety or any feeling of disharmony within, observe them from a distance rather than reliving them.

Let Go of the Weight

Imagine gathering all the worries from the day into a basket.

Picture herself placing the basket in a river, watching it drift away.

Close with Self-Compassion

Silently say:

“I did my best today. I let go of what is not mine to carry.”

Take a deep breath and exhale any remaining tension.

Over Time...

You will detach from painful emotions faster.

You will train your mind to let go rather than dwell.

You will feel more peace and control over your thoughts.

