

EXERCISE: A Mindful Alternative

Consider below the mindfulness exercises we introduced you to in Chapter 3 (*Aware*). Think about how you could integrate these into your daily life so you are able to practise them routinely. Remember, this is like any other skill, the more you practise it, the greater the benefit you are likely to gain from it.

1. Awareness of breath.
2. Three-step breathing space.
3. Eating a sweet exercise.
4. Notice that you are noticing.

Use the record sheet below to keep track of when you practised, and what thoughts, feelings and sensations you noticed. Also, make a note of any benefits you encounter that help you keep on track with getting active.

Date	Exercise	What I noticed (thoughts, feelings, sensations)	Benefits
5 May.	Three-step Breathing Space.	Heaviness in my legs and tightness in my chest. Worrying about interview next week.	Noticed that I needed to rest. Also realised I was worrying a lot – which I hadn't noticed before.