Email 2

Dear Friend,

I hope you enjoyed session one.

I remember my first experience of mindfulness. I was in a desperate rush to get it right and learn all I could! Now, thankfully, I am spending more time noticing my experience rather than judging it as good or bad. Mindfulness has had a profoundly positive impact on my life I am now much kinder to myself and others. I live in harmony with my values, love and laugh much more, and notice when I am getting off balance.

Whatever intention you set for your mindfulness practice, I wish you well.

Here are the links to the research articles mentioned in session one:

[As good as drugs for depression](http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11436096)

[Mindfulness rebuilds brain in 8 weeks](http://www.feelguide.com/2014/11/19/harvard-unveils-mri-study-proving-meditation-literally-rebuilds-the-brains-gray-matter-in-8-weeks/)

[Mindfulness in the workplace](http://www.smh.com.au/business/workplace-relations/why-we-need-mindfulness-in-the-workplace-20160910-grdlte.html)

[Mindfulness: 6 steps to better reasoning and better memory](http://www.spring.org.uk/2014/01/mindfulness-6-steps-to-better-memory-verbal-reasoning-and-improved-concentration.php)

[How Mindfulness protects your heart](http://time.com/3534531/mindfulness-protects-heart-health/)

Here are mindfulness activities for you to do at home:

**Find an Accountability Buddy**. It is a great idea to connect with an accountability buddy who can support you in becoming more mindful. This can be a simple as asking someone to send you a text to remind you to pause each day.

**Practice mindfulness each day**. Try to commit to at least 10 minutes of mindfulness each day. This could be the noticing thoughts exercise, or choose a routine activity, (e.g. brushing your teeth) and focus just on that activity. Remember, when your mind wanders - bring it back. Journal what you notice.

For more mindfulness exercises, look on the resources page on [www.ovio.co.nz](http://www.ovio.co.nz).

Click [here](https://soundcloud.com/oviomindfulsolutions) for Ovio’s Mindfulness SoundCloud audio exercises. You can download the SoundCloud app on the [App Store](https://itunes.apple.com/nz/app/soundcloud-music-audio/id336353151?mt=8) or [Google Play](https://play.google.com/store/apps/details?id=com.soundcloud.android&hl=en) and listen at any time on your phone or device.

You may also want to follow us on [Facebook](https://www.facebook.com/OvioMindfulsolutions/).

Warmly,

Cheryl

**Cheryl Strawbridge**

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