Email 2

Hi Everyone,

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.

As promised here is the link to [Ovio online](https://ovio.co.nz/online-courses/) this is where you will be able to access the online component of our course.

The coupon code [note to facilitator- you need to request a unique promo code from Ovio to allow your participants free access to Ovio online valued at $125 per person ] is unique to you and will provide lifetime access to the content at no cost.

Before next week please watch session one and practise the exercises recommended in the session as we discussed.

For more mindfulness exercises,

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

They can also be found on our free resources page [www.ovio.co.nz](http://www.ovio.co.nz).

[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.

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

Warmly,

[Cheryl]