

3 simple Mindfulness tips when you can't stop thinking

- When you notice that your mind is overthinking - anchor your awareness into your body. Stand up and stretch, wiggle your toes or bring your awareness to your breath. The more you are in your body the more grounded your awareness will be and you will feel a little more detached from your thoughts.
- Use the mantra "I am here, this is now" as you breathe in and out when your thoughts take you off in a daydream or planning for the day ahead. This mantra calls your attention to be in this moment which is the only moment you have any real control over
- If you're feeling anxious - ask yourself "how can I support myself right now" or "what small action step can I take in this moment?"

• Print off these tips and have them somewhere handy so that the next time you notice you've become wrapped up in your thoughts, you can implement them straight away. Over time this will bring you calm, peace of mind and space from that constant ticker tape of words that are in everyones head.