

WELLBEING ACTIVITY



MINDFULNESS
FIVE MINUTES OF MINDFULNESS



"Mental activities like meditation can actually change the brain."

His Holiness the Dalai Lama
Spiritual leader known for his teachings
on compassion, mindfulness, and the
pursuit of happiness



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Welcome

INTRODUCTION

Putting positive psychology into practice begins here.

Welcome to your activity booklet, a dedicated resource designed to help you tap into the transformative power of mindfulness in your daily life. Within these pages, you'll find information that invites you to cultivate present-moment awareness, allowing you to connect more deeply with yourself and the world around you. Mindfulness encourages us to embrace each moment, helping us manage stress and enhance our overall wellbeing.

Crafted by experts in mindfulness practices and compiled by Work on Wellbeing, this booklet reflects our commitment to providing individuals, workplaces, and communities with valuable tools for personal growth. We invite you to approach this activity as a personal journey. Take a few moments each day to engage in mindfulness practices, whether through meditation, breathing exercises, or mindful observation, and discover how this simple shift in focus can enrich your life.

We'd love to hear about your experiences and how you're incorporating mindfulness into your daily routine.

Let's embark on this journey together toward a more mindful and fulfilling life!

MINDFULNESS

Research

The benefits of mindfulness are overwhelming. With regard to wellbeing, being mindful makes it easier to savour the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. Many people who practice mindfulness report that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others. There are also numerous physical health benefits, such as reduced stress, lower blood pressure, improved sleep, less chronic pain and better heart health.

Advice

There are many specific mindfulness programmes out there, from books to websites to apps. Here are some of our favourite mindfulness apps to help you practice day to day.

BUDDHIFY

SMILING MIND

HEADSPACE

Mindfulness activity provided by Dr Aaron Jarden, adapted by Langley Group.
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5 MINUTES OF MINDFULNESS

Goal

The goal of this exercise is to become more mindful.

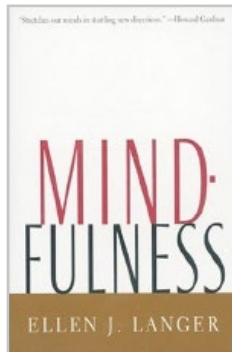
Instructions

Mindfulness is defined as “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally”. Your task is to practice five minutes of mindfulness every day for the coming week. Ideally, you would align this mindfulness practice with an activity you do every day, such as eating a meal or walking to work.

Let's give it a go now by being mindful of your breathing.

- Sit with your spine aligned in a comfortable yet alert posture, with your legs and arms uncrossed and your feet on the floor
- Gently let your eyes rest on a single point in front of you
- Take a couple of deep breaths, and, as you exhale, settle into your body, relaxing obvious tension
- Bring your attention to your whole body, sensing for a short while how your body presents itself to you right now. There is no particular way to be: simply notice how you are at this moment
- Now, bring your attention to your breathing. There is no right or wrong way to breathe while doing mindfulness practice. The key is to simply notice how it actually is right now. Notice where in your body you feel the breath most clearly. This may be your abdomen rising and falling, your chest expanding and contracting, or the sensation of air passing through your nostrils or mouth. Let your attention rest with your breathing
- Whenever your mind wanders away from your breathing to other thoughts or feelings, observe where it has gone, and then, without criticism or judgment, gently guide it back to your breath. There is no need to analyse or stop these thoughts from arising, in fact, this can increase their impact. Instead, accept them and let thoughts come and go as they need to. You may have to gently shift your attention back to your breath once or 100 times - simply repeat the process as often as needed
- After practicing for the allotted time, gently expand your awareness from your breath to your whole body. Take a minute before moving onto your next activity for the day

MINDFULNESS

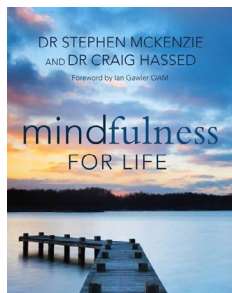


More resources

MINDFULNESS

by Ellen Langer

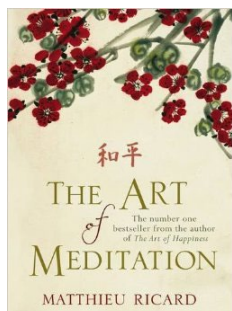
Langer explains how the mindless—as opposed to the mindful—develop mindsets and habits of thought that lead to errors and how mindfulness allows free rein to intuition, creativity and new perspectives.



MINDFULNESS FOR LIFE

by Dr Craig Hassed & Dr Stephen McKenzie

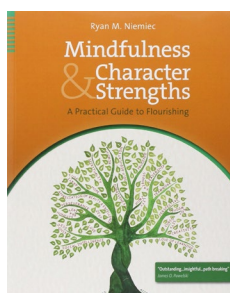
This practical and accessible manual shows how to apply mindfulness techniques to your life whether you need help with health and wellbeing, personal development or spiritual growth.



THE ART OF MEDITATION

by Matthieu Ricard

Wherever he goes, Buddhist monk Matthieu Ricard is asked to explain what meditation is, how it is done and what it can achieve. In this authoritative and inspiring book, he sets out to answer these questions.



MINDFULNESS AND CHARACTER STRENGTHS: A PRACTICAL GUIDE TO FLOURISHING

by Ryan Niemiec

Curious about how character strengths can supercharge your mindfulness practice? Or how mindfulness can help you deploy your best qualities? Look no further!

Langley Group Institute

—
Where science meets
life-changing growth.



Let's connect!

ABOUT LANGLEY GROUP INSTITUTE

At The Langley Group Institute, we're dedicated to transforming lives with positive psychology and wellbeing science.

As an Australian Registered Training Organisation (RTO #40655), we offer government-accredited courses that blend learning with application. Our courses translate the latest science into actionable strategies you can immediately apply to your personal and professional life.

Our students join a community of like-minded people on a journey to better themselves and the people around them. You'll learn from an inspiring team of experts who help you get the most out of your experience, whether you're learning face-to-face or online.

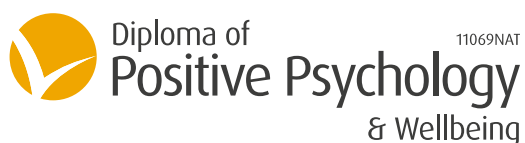
The best part of our courses lies in their impact. As you enhance your own wellbeing, you'll also gain the tools to influence those around you and create a ripple effect of positive change and transformation.

OUR COURSES

Become the architect of your wellbeing with our [Certificate IV in Wellbeing Science](#).



Ignite personal growth and fuel positive change with our [Diploma of Positive Psychology and Wellbeing](#).



Find out more about our courses;
click here:

[BOOK A CALL](#)

Or, if you're ready for a positive step forward,
click here:

[ENROL NOW](#)

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