



Daily Dose of *zen*

FITNESS
fernwood®

You've heard that mindfulness has amazing benefits on your mind and body, but you're just not sure how to give it a try?

We've got you covered with our Daily dose of zen, designed to give you an introduction to a variety of mindfulness practices.

Mindfulness isn't just about meditation, with many practices now well known. These activities will help you unwind, de-stress and get in touch with your inner self, helping you prioritise some me-time.

We hope you enjoy flexing your mindfulness muscle.

From your

Fernwood family

Find inner peace with *meditation*

There are many reasons you might want to begin meditating. If your life feels like a traffic jam of appointments, demands, obligations and bills, meditation offers a salve for modern life.

Refocus your focus

The goal of meditation is to develop the ability to step back from our reactions and feelings to create a sense of space between our thoughts and emotions and our genuine, true selves. In this way, we realise that we're not slaves to our minds, but able to choose what we focus our attention on and give fuel to.

Set up your space

Try to find somewhere quiet where you won't be disturbed and avoid music, loud noise or uncomfortable temperatures. Wear loose, comfortable clothing that won't distract you.

Close your eyes and focus on your thoughts and feelings. Then you can concentrate on your breathing and the fact that you're grounded on a solid foundation and you're safe. There's no need to breathe in a particular way or sit in a position that isn't comfortable. Perhaps lying down is better for you, or sitting on a chair or a pillow.

Meditation Tips

- Dress comfortably in loose clothing that won't cause you distraction.
- Find a quiet, safe space for your practice.
- Acknowledge thoughts and emotions, but don't focus and fixate on them.
- Try to breathe slowly, rhythmically and deeply.
- If thoughts are too loud and frustrating, try repeating a mantra (like "I am calm, I am quiet").
- Notice all of your senses: what do you hear? Is the air cool or warm? Where do you feel tense?
- Start with a shorter session and gradually increase the length of time.
- Use an app like Headspace or Smiling Mind for guided meditations.

5 ways to prioritise your mental wellbeing

Society is getting busier, and so are we, so it's even more important now to take time to prioritise our personal wellness for overall wellbeing.

We share our top five tips on how to promote positive mental wellbeing in your everyday life.

1

Get your body moving

We know how important exercise is on our physical health, but moving your body is just as important for your mental health. Research has found that exercise alters the chemical activity in your brain, particularly happiness-inducing serotonin and endorphins. Your energy levels, mood, concentration and alertness can also be increased through regular exercise.



2

Eat a balanced diet

Deakin University's Food and Mood Centre have found that a healthy diet, such as the Mediterranean diet, with a high intake of vegetables, fruit, wholegrains, nuts, seeds, fish and limited processed foods can reduce the risk of some mental disorders. On the other hand, eating food that is processed or high in fat or sugar can increase that risk.

Dedicate time for you

With so many competing priorities in our life, it can be hard to find that magic seven-letter word: BALANCE. Although, it's crucial to make time for yourself every day to refresh and do something that you love. This could be going to the gym, reading a book, meditating or any other activity that calms you and makes you feel good.



3

4

Live in the present

In today's world, we're more connected than ever online through our social network. Although sometimes this connectivity can have negative side effects.

Research has found on average we are opening our phones over 200 times a day. That's a lot of scrolling! So be sure to monitor your usage and take time to prioritise screen-free time in your day.



5

Prioritise sleep

Sleep is such an important part of our wellbeing. It's crucial for our brain function, as when we sleep our brains process information. Research has also shown that regular lack of sleep can lead to symptoms of anxiety and depression. Aim to get at least 8 hours of shut-eye a night, and for deep sleep avoid using screens in the hour leading into bedtime.



How to *love* the skin you're in

We're all different – we vary in shape, colour, size and personality. There's only one of you on this earth, you're unique, and that's something to be celebrated!

So why do many of us find it so hard to look in the mirror and love what's staring back at us? We take a look at three ways to start teaching yourself radical self-love now.



Practice gratitude

Our bodies are remarkable and do incredible things every day without us even thinking about it. Take a moment daily to consciously appreciate your body and be thankful for all it does for you each and every day. Instead of looking at your thighs and only seeing spots of cellulite, feel thankful for how powerful your thigh muscles are when you're squatting some serious weights!

Tip

Write a letter to yourself highlighting all of your amazing features, qualities and traits. Read the letter regularly to be reminded about how incredibly beautiful you are, inside and out.

Quit the comparison game

In an age of social media and #goals, it can be hard not to be caught in the comparison trap. You might find yourself thinking "I wish I had a waist like Kim Kardashian," or "why aren't I as strong as that other member in my Body Pump class?" But shift your focus on how our differences make us individuals, rather than wishing you looked a different way. After all, how boring would it be if we were all the same?

Tip

It's perfectly okay to find motivation on social media, with so many inspirational people we can connect with. But don't make body comparisons that result in negative self-talk. Click the 'unfollow' button on anyone who isn't sending you positive vibes after an Instagram scroll.



Flood your body with love

A wise person once said, go to the gym because you love your body, not because you want to punish it. Loving our body will motivate us to treat it right, including fuelling it with nourishing food and exercising to get those feel-good endorphins pumping.

Tip

Listen to what your body is trying to tell you. If you're feeling tired and lethargic after five consecutive days in the gym, have a rest day. You'll develop a greater appreciation and love for yourself when you care for your body's needs.

14 DAY MINDFULNESS CHALLENGE

DAY 1

CREATE A VISION BOARD



Set aside some time to create a vision board, full of inspiration and motivation of what you want in your life. Your prompts could be photos, quotes, objects and anything else that motivates you.

Visualisation is a powerful mindfulness tool.

DAY 2

2 MINUTES OF DEEP BREATHING



Sit or lie in a quiet, comfortable place and practice the art of deep breathing. Take a big, deep breath through your nose, hold it for a few seconds and exhale through your mouth. You'll be surprised how calming deep breathing is!

DAY 3

3 MINUTES OF POWER POSING



Your posture can have a huge impact on how confident and relaxed you feel. Give yourself a boost by trying some power poses. Our favourites are the Wonder Woman pose and the Performer pose. YouTube Amy Cuddy's TED Talk for some power posing inspiration.

**DAY 4**

WRITE DOWN FOUR THINGS YOU ARE GRATEFUL FOR TODAY



If you're not already keeping a gratitude journal, this is a great way to dabble in expressing what you're thankful for. It's amazing how much you feel grateful for when you take the time to acknowledge it.

DAY 5

5 MINUTES OF GUIDED MEDITATION



Guided meditation is the perfect introduction to the practice, as you'll have a teacher instructing you. Only 5 minutes is all it will take to get you feeling relaxed and zen.

DAY 6

WAKE UP EARLY AND WATCH THE SUNRISE



There's nothing like reconnecting with nature to clear your mind and any stresses. Take a moment this morning to unwind and appreciate nature's beauty, before a busy day ahead.

DAY 7

SET A DAILY INTENTION FOR THE WEEK AHEAD



How do you want to feel each day this week? Note it down, and that's your daily intention. Your intention will guide what you do throughout your day, because you'll ensure everything you're doing is working towards it.



DAY 8

DECLUTTER A SPACE IN YOUR HOME OR WORKSPACE ☐

As they say, a cluttered desk is the sign of a cluttered mind. So declutter your mind and reclaim a space at your work or home by tidying, donating or throwing out anything taking up unnecessary space. Especially all of those things you keep “just in case.”



DAY 9

TELL SOMEONE HOW MUCH YOU APPRECIATE THEM ☐

Spread the warm and fuzzies by telling someone that means a lot to you how much you appreciate them. This could be in person, in an email or letter, or even via text. It's hard not to feel good when you make someone else's day.

BODY SCAN MEDITATION ☐

Today it's time to take your meditation practice to another level and try a body scan meditation. Have you ever really thought about the feeling of your foot against the floor? A body scan will help you discover new sensations.

DAY 10



DAY 11

HAVE A TV FREE DAY ☐

Take today to prioritise something that relaxes you, other than watching TV. You might read a book, visit a friend, do a yoga class or bake. The possibilities are endless!

EAT A MEAL MINDFULLY ☐

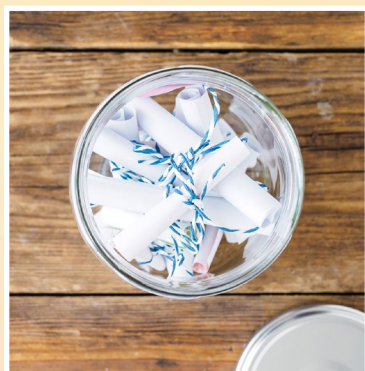
Instead of unconsciously eating your meals super quickly, in front of the TV or while you're doing something else, take the time to eat mindfully. Remove all distractions and sit down at a table to slowly eat your meal, focussing on nothing else but the food and how it makes you feel.

DAY 12

CREATE A GRATITUDE JAR ☐

Start a gratitude jar and add notes of things you are grateful for to it regularly. Whenever you're feeling down or lacking motivation, you'll have a jar full of notes you can read to boost that mood.

DAY 13

**20 MINUTES OF YOGA PRACTICE** ☐

Combine some of the learnings you have had over the last 14 days with a class you can attend regularly at your local Fernwood. Take time to focus on your mind, body and soul.

DAY 14

14-day mindfulness challenge

At Fernwood, we have a series of free meditation sessions, mindfulness activities and empowering programs to support women's wellbeing.

When you sign up for a membership, you'll get access to these meditations and activities, plus we also have a **free 14-day mindfulness challenge**.

We have a range of other resources on women's health, workout programs, recipe plans, nutritional guides, pre- and post-natal support, and more.

EMPOWER PROGRAM

[CLICK HERE TO FIND OUT MORE.](#)

Empower is what we like to call wellness for every woman. Our 6-week program, designed and delivered exclusively for women, combines everything you need to find calm, take control, and create the life you're always daydreaming about.

The Empower Online program includes weekly wellness workshops and activities, yoga poses, meditations, mood food recipe eBook to nourish your body and mind, your Empower interactive e-Journal, and more!



LOVED OUR 14 DAY MINDFULNESS CHALLENGE?

Follow us for competitions, recipes, health
and fitness tips, and more!

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Get your body MOVING WITH A WORKOUT

Get started by presenting
this page to a Fernwood Fitness club
to receive your
FREE CLASS PASS.

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Valid at participating clubs only.