



# 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.





# 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!





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

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# Share the love

Workouts are always better with a friend, that's why we'd love to give you this **free class pass** that you can gift to a friend.

## Free Class Pass

Simply contact your local Fernwood to activate your free pass.

Available at participating clubs only.