

HEALTHY HABITS FOR MINDFULNESS

1. Switch to a healthy lifestyle

- ✔ Sleep well
- ✔ Eat healthy
- ✔ Exercise
- ✔ Socialize with loved ones
- ✔ Balance between work and social life
- ✔ Keep positive relationship



2. Schedule your time

- ✔ Take break in working hours
- ✔ Self-care Practices
- ✔ Meditate



3. Respect your limits

- ✔ Do not ignore your difficult feelings
- ✔ Motivate yourself
- ✔ Ask for support from loved ones
- ✔ Seek help from a professional

