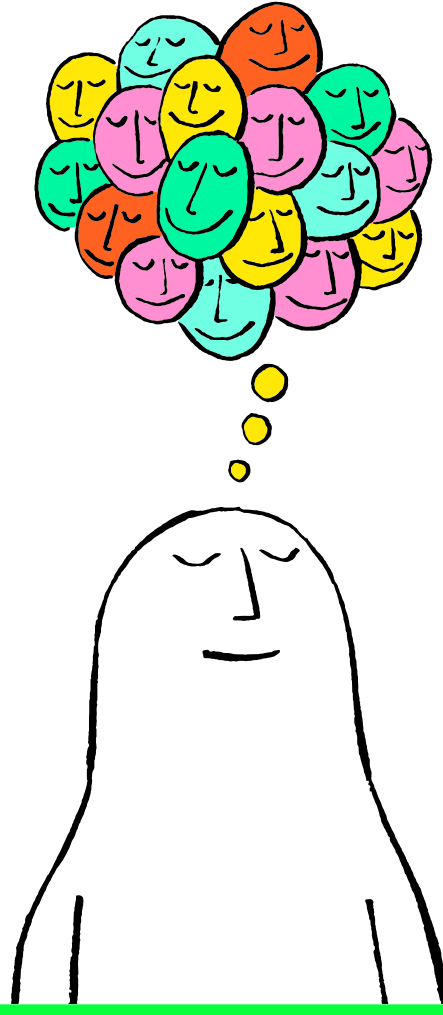


# 7 Ways to Practise Mindfulness



---

**1. DON'T JUDGE**  
Notice thoughts without judgment or commentary.

---

**2. PRACTISE PATIENCE**  
An ongoing exercise.

---

**3. TRY A BEGINNER'S MIND**  
Try everything as if for the first time.

---

**4. TRUST YOURSELF**  
Believe in yourself, your feelings and your gut.  
Take responsibility for your well-being.

---

**5. STAY IN THE MOMENT**  
Focus on each moment without fixating on what comes next.

---

**6. TRY ACCEPTANCE**  
Acknowledge how it is in this moment. Note the difference between seeing things as they are (acceptance) and seeing them as unchangeable (resignation).

---

**7. LET GO**  
Take a breath in. Exhale. Let go.

---