



Clarety

Mental Brilliance: Bonus Exercises



10 Proven Benefits of Mindfulness

1. Sharpens your memory and increases your focus & attention
2. Improves emotional and social intelligence, and develops empathy and compassion, shown to improve relationships
3. Creates clearer, more focused thinking and improves efficiency at work and at home
4. Improves confidence and emotional resilience
5. Reduces stress, anxiety, and other destructive emotions, mindfulness can actually shrink the amygdala
6. Reduces depression, clinical trials are showing that mindfulness is as effective as medications with no side effects!
7. Reduces insomnia, increases the sense of wellbeing, reduces lethargy, and increases energy both mentally and physically
8. Mindfulness is also very effective for pain management
9. Improves health and boosts immunity, in fact, mindfulness has shown beneficial effects on many serious illnesses
10. Reduces compulsive and addictive tendencies

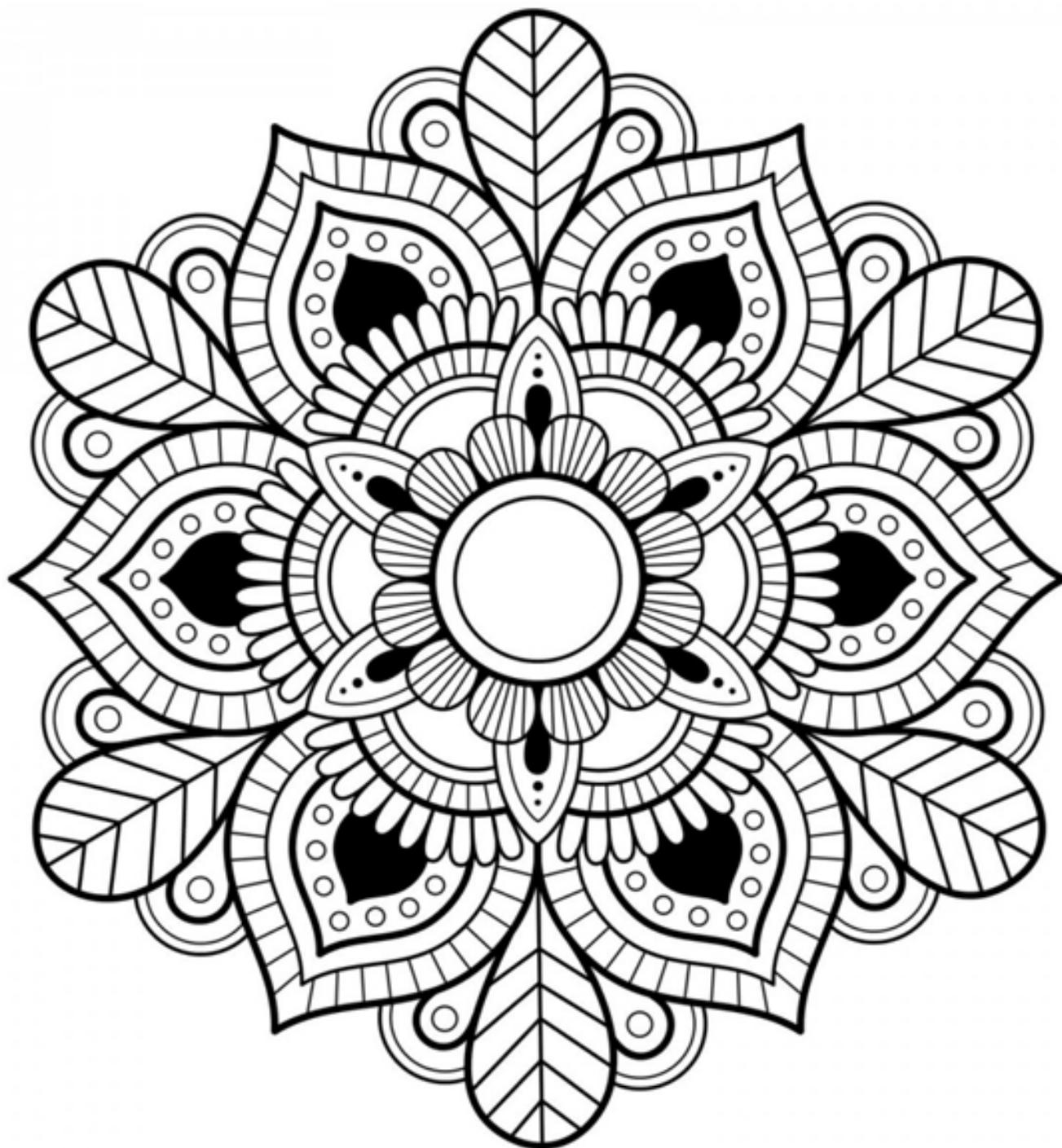
Mindful Colouring In

Colouring harnesses the stress relief that comes from being focused on a single activity; it engages our brains in a focused mindful task. Colouring is the closest thing to meditation in terms of neurology and the benefits of altering our brainwaves.

Studies show that we can learn to manually change our brainwaves from being in a state of BETA (stress and pressured) to a more relaxed state of ALPHA. Just like meditating, colouring in allows you to quieten the chattering mind and be "in the moment", which can positively alter our brainwaves from BETA to ALPHA. For an extra challenge try colouring with your non-dominant hand.



Mindful Colouring In



Gratitude & Appreciation Practice

What are you most grateful for right now?

What could you appreciate most about yourself right now?

What could you appreciate about your teammates right now?



Self Compassion

- 1) Self-kindness vs self-judgment
- 2) Common Humanity vs common isolation
- 3) Mindfulness vs over-identification

Self Compassion Exercise:

Think about a time when a close friend felt really bad about themselves or was really struggling in some way. How did you respond to your friend in this situation (especially when you're at your best)? Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.

Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.

Please write down how you think things might change if you responded to yourself in the same way, you typically respond to a close friend when you're suffering.



Notes:

If you would like to chat with Clare about how she might support you or your team to be more mentally brilliant please email clare@claretyinc.com or **book a call**.



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