

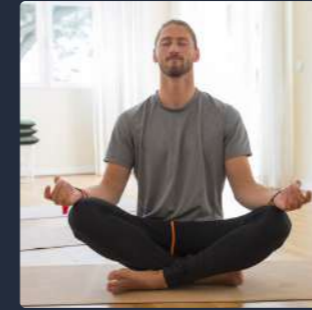
Ultiself Mindfulness Routine

Are you able to override your negative reactions? Practice mindfulness and take control of your thoughts and emotions.



Mindfulness - By practicing mindfulness, you develop an attitude of openness and acceptance.

ACTION - Eat these fatty acids daily, as a supplement or in foods such as walnuts and salmon.



Meditation - In the long term, meditation promotes neuronal plasticity.

ACTION - Practice mindfulness meditation at least 3 times per week for 10 minutes.



Practice Mindful Eating - Mindful eating may prevent obesity and promote a healthy diet.

ACTION - Practice mindful eating on a regular basis.



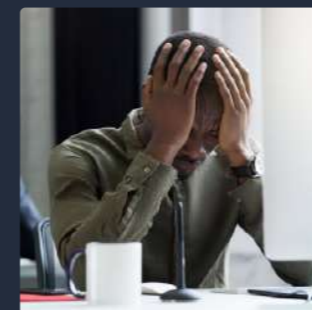
Mindful Work - Mindful work increases productivity and balance in life.

ACTION - Focus on one thing at a time and try to be fully aware of it when you are working.



Behavioral Activation - Behavioral activation mitigates procrastination and time-wasting.

ACTION - Define your values and interests and set up a weekly routine of activities.



CBT Worry Postponement - Constant worry is a major obstacle to paying attention to the present moment.

ACTION - Set a time of day to worry and avoid doing it outside of this moment.