

12 Days of Christmas Care

12 EASY MINDFULNESS STRATEGIES



With HELEN HART



thank you

AND WELCOME



Thanks for requesting the '12 Days of Christmas Care' Workbook. I'm excited to share these simple strategies to help you create calm, find balance and feel a sense of freedom. Taking you from 'frazzled to focused' this silly season.

The 'sanity savers' in this workbook are easy peasy and have been tried and tested. They are based on my extensive experience working with thousands of clients of all ages. The best part of all is neuroscience backs up these strategies, and I've carefully chosen the simplest, most effective ones for you.

These sanity savers will allow you to have more energy, optimism and presence for yourself and your family. Which means you can focus on the things that really matter.

Most importantly, this is supposed to be a bit of FUN and escapism,

So have fun with it, and remember this is not another thing to have to think about, this is giving yourself the present of presence.

Here it is...

Much love and Merry Christmas,

Helen Hart
Helen Hart





You're IN THE RIGHT PLACE



If you want more control over your thoughts and reactions.



If you want greater insight and intuition.



If you are keen to feel a deeper connection but don't know where to start.



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BEING MINDFUL

THE FIRST STEP TO UNLOCKING YOUR SUBCONSCIOUS POTENTIAL

MINDFULNESS: Is the first step to tap into your subconscious resources. This is the space where insight and intuition meet and become best friends forever!

It's all about bringing your unconscious experiences and knowledge into your conscious awareness.

Mindfulness is the state of being conscious or aware of something. It is a mental state achieved by focusing awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations, used as a therapeutic technique.

ATTENTIONAL INTELLIGENCE

WHAT IS IT AND WHY DO I NEED IT?

ATTENTIONAL INTELLIGENCE: Is a term coined by Linda Ray to describe “an intelligence that, when highly developed, allows you to effortlessly by ‘mindfully’ noticing where your attention is at any moment and to intentionally choose where you want it to be” (Linda Ray, 2012).

It is about being present and being the ‘boss’ of your thoughts, rather than letting your thoughts boss you around.



HOW TO MAXIMISE THIS

AND AVOID THIS BEING SOMETHING
YOU SIGN UP FOR AND NEVER USE

1. Pop over and join the **Joy First Facebook Group**
2. You don't have to follow this day by day.
3. Dip in and out as you please,
4. Find your favourites.
5. Repeat them as often as you like.
6. Print this off now.
7. Pop your favourite on your fridge, bedside table or a place you'll see it.
8. Refer to it daily.
9. Remember, your future self will thank you for it.
10. Have fun with it!
11. Repeat, **Repeat, REPEAT** (Think of it as body building for your mind)
12. Have fun with it! (see what I did there?)

DAY
Christmas Care
ONE

NUMBER ONE

IT'S TIME TO STOP

S.T.O.P. Method

It's time to S.T.O.P. (You gotta love an acronym!)

Now is the perfect time to embrace this, for the next few minutes imagine there's nothing to do and nowhere to go, and...

Try the S.T.O.P method.

S = Smile

The simple act of smiling, relaxes the face and body. It's totally okay to fake it till you make it. The mind and body doesn't know the difference and smiling can lighten your mind, even if you don't feel like smiling.

T = Touch

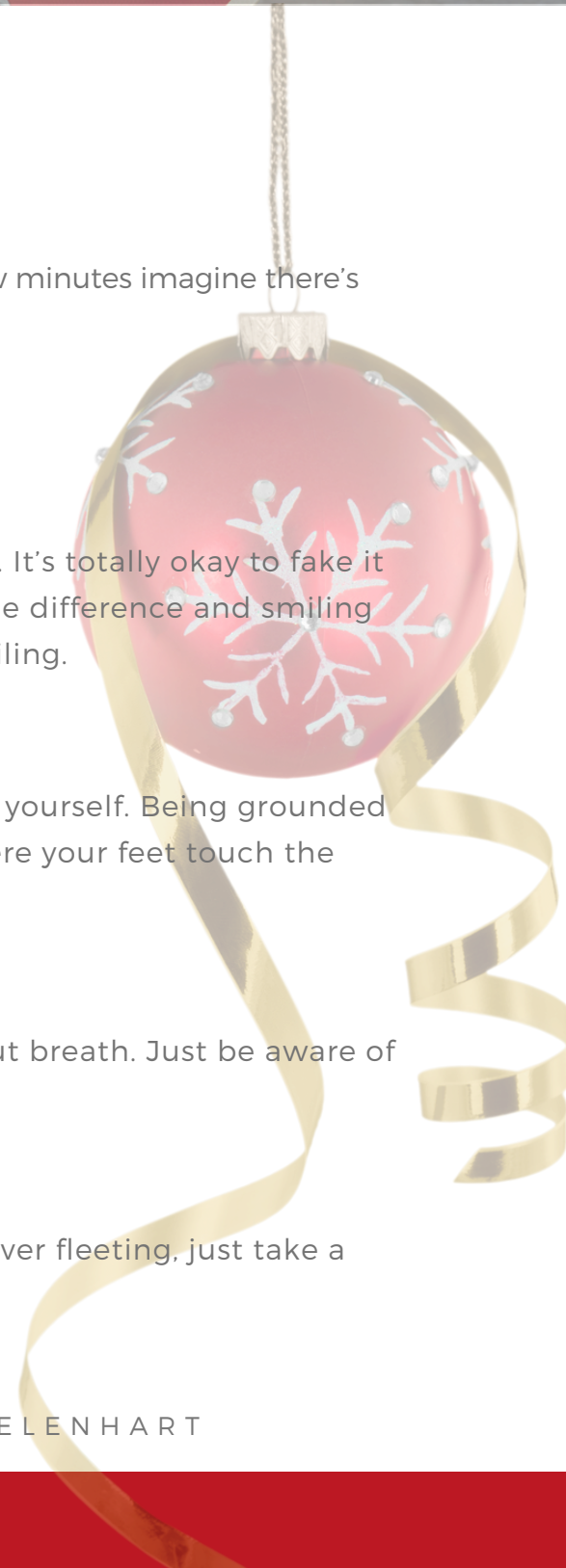
This is what people mean when they say to 'ground' yourself. Being grounded is a great tool for focusing. So become aware of where your feet touch the ground.

O = One

Pay attention to one breath. Even if it's a stressed-out breath. Just be aware of one, simple, little breath.

P = Presence

Bring your awareness to the present moment. However fleeting, just take a moment to become totally present.



DAY
Christmas Cave
TWO

NUMBER TWO

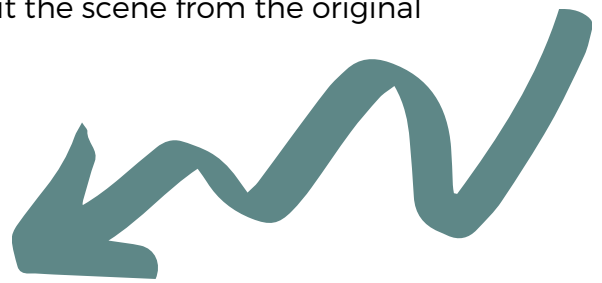
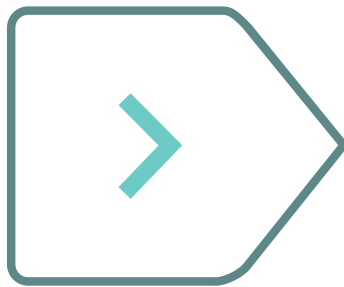
TUNING INTO SOUNDS

Tuning into Sounds (two minute exercise)

As Dan Aykroyd says in Ghost Busters 'Listen, do you smell something?'

Well, this is nothing like that, this is just listening.

Take a trip down memory lane and check out the scene from the original Ghostbusters here:



There's no need to go looking for sounds, simply sit or lie quietly and close your eyes and listen.

Be open to receive, just like a satellite dish.

There might be sounds that last, ones that come and go.

There may be sounds that you enjoy you don't, but there is no need to label the sounds.

Simply listen

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DAY
Christmas Cave
THREE

NUMBER THREE

HUG IT OUT

Hug it out! (this is my all-time favourite)

Hugs are wonderful stress relievers.

Hugging someone causes you to release oxytocin, a hormone that promotes happy feelings and can help to promote relaxation.

It is believed we require at least 8 hugs a day to maintain strong relationships and 12 for growth. Hold your hugs for at least 20 to 30 seconds to get the full benefit.

If you don't have someone to hug, then hug yourself.

If you've got nobody to hug right now, the Self Hug is just what you need.

The Self Hug

This technique will stimulate the flow of oxytocin. Stress will subside and peace will set in.

1. Place hand on heart. By putting your own hand on your heart you stimulate the love hormone, which sends out the inner signal that it's safe to calm down.
2. Blow your out-breath into your heart and hand. Focus on feelings of love, compassion and ease passing over you.



DAY
Christmas Cave
FOUR



You've got to move it, move it!

Have you ever noticed when a dog hurts itself, it will 'shake it off'?

They do this to reset their central nervous system and engage their parasympathetic nervous system (rest and digest) which enables the body's natural repair mechanism.

Guess what? The same applies for people too.

So, let's take a leaf out of 'man's best friend' book or like Tay Tay says

"Shake it off"

Blast your favourite tunes, sing along and move ya booty.

Or listen to Taylor Swift here



DAY
Christmas Cave
FIVE

NUMBER FIVE

WATER

Water

I love the therapeutic qualities of water.

On average our bodies contain between 50-70% water. Mother earth is about 70% water.

Even a great deal of the universe is composed of the elements, hydrogen and oxygen, although not water in the liquid form, this is a special feature of Earth.

How lucky are we?!

I believe this precious substance 'water' is to be worshiped.

Whether you bath in it, swim in it, surf it, float in it, drink it...hopefully not in that order 😊 - Any type of mindful water activity is a great.

Here's one of my favourites:

Have you ever noticed how the light reflects off the water in the shower?

To me it looks like glitter falling out of the shower-head. I imagine it is healing glittering energy, falling on me and cleansing me.

Use your time in the shower to be mindful. Focus on the water, the feeling, the sounds and smells.

Enjoy xo



DAY
Christmas Cave
SIX



NUMBER SIX

SMILING BREATH

Smiling Breath

Simply close your eyes.

Sense your whole body simultaneously, including any tensions and emotions. Let these tensions and emotions begin to settle, like impurities in a glass of water. Don't stir them up by thinking about them. Just let them settle.

Include your breathing in your sensation of yourself. Sense your whole body breathing.

Breath In and Out.

Focus on your eyes and ask them to relax. Once you feel that your eyes are relaxed, let the sensation of relaxation spread through your whole face, even into your tongue and into the bones of your skull and jaw.

Now imagine someone that you care about smiling at you, and smile back at them.

Sense how the jaw and face relax even more. If you are unable to conjure up and image that makes you smile, then simply smile intentionally. Just turn up the corners of your mouth, raise your cheeks, and do the best you can.

If you can maintain this effort for several minutes, you will soon find yourself smiling quite naturally.

Smiles,
Helen xo

DAY
Christmas Cave
SEVEN



NUMBER SEVEN

BUILD ON YOUR GOALS

Build on your goals

Change all your passwords to reflect your intention or a goal.

For example you could try something like:

- CalmNcOntroled
- fitNhea1thy4life
- PresencezNOtPresents

Mine is: neV3rte1lyOurpassWord (nah, just kidding!)

Think about how many times a day or week you use your passwords. So why not make it reflect a positive change you want in your life.

This is two-fold because when we busy our minds with something we momentarily feel less stressed. So get busy doing something positive for your mindset and change your passwords.

DAY
Christmas Cave
EIGHT

NUMBER EIGHT

THE ART OF DOING NUTHIN'

The art of doing nuthin'

Our brains love to be busy so before you set about clearing out the kitchen cupboards or the de-cluttering the shed over the Christmas break (or even just thinking about doing those things), try this:

Find a quiet place to sit for a few minutes.

Mentally scan your body.

Find a place that has no tension. One little shred without tension.

It can sometimes be hard to find but maybe it is just the palm of your hand or the tip of your nose or your little toe.

Wherever it is, spend a moment focusing on that spot.

Slowly spread that feeling over your entire body.



DAY
Christmas Care
NINE



NUMBER NINE

...AND WE LAUGHED

...and we laughed

Laughing has so many benefits for us mentally, physically, and emotionally.

Wake up and Laugh

Set the trend for your day. Immediately after you wake up and before you even open your eyes, laugh out loud.

Then challenge yourself to find extra things to laugh at during your day.

Watch your favourite cat videos, call a friend that makes you laugh, or simply laugh at yourself for waking up a laughing like you're cray cray.

DAY
Christmas Cave
TEN

NUMBER TEN

WAITING, WAITING, WAITING...

Waiting, Waiting, Waiting...

We're all waiting for the perfect moment...

While we wait it's the perfect time to be mindful.

If there is one thing I know for sure, social media, emails, and your to-do list aren't going anywhere.

So, STOP LOOKING AT YOUR PHONE! (sorry...not yelling, just strongly recommending). 😊

Instead, why not take a few minutes to be mindful?

Here's how:

- Breathe in and sigh out a few times.
- Become aware of your posture and loosen it up.
- Settle your eyes on something.
- Focus on your breath and say to yourself 'just be'
- Allow your body to soften and mentally scan your body to loosen up any tension.



DAY
Christmas Care
ELEVEN



NUMBER ELEVEN

ZONE OUT

Zone Out...

Today, take notice of where and when you 'zone out'.

Maybe it's driving the car or hanging out the washing or brushing your teeth. Or maybe it's when your partner, boss or the kids are talking to you. 😊

Then simply bring more awareness to those activities.

Take notice of what you are doing.

Ask yourself

- What can I see (shapes, colours, objects)?
- What can I hear?
- What can I smell?
- What can I feel?
- What can I taste?



DAY
Christmas Cave
TWELVE

NUMBER TWELVE

KICK OFF YOUR SHOES

Kick off your shoes...

It's day 12 so why not kick off your shoes and get outside.

Walk barefoot outside for as little as 5 minutes a day to see the benefits.

Feel grounded with the earth.

If barefoot walking is a bit of a stretch for you, start with getting outside at least every couple of hours and take in some nice deep breaths.

By walking barefoot every day you can and may improve:

- Chronic joint and other pain
- Stress
- Hypertension
- Heart rate variability
- Sleep disturbances including sleep apnea
- Energy levels
- Immune system response



Reflections

REFLECTION TIME IS KEY.
IT MAXIMISES LEARNING AND RETENTION OF NEW IDEAS.

HERE'S A SPOT TO POP YOUR THOUGHTS AND REFLECTIONS...

this is
me...



Hi I'm Helen Hart

Tea and gin drinking, dog walking, reluctant dance mum of two teenage daughters.

I live in the idyllic Perth Hills and I adore warm sunny days, reading, yoga and chilling out.

In my "spare time," I'm a Neuroscience Researcher, Clinical Hypnotherapist, Reiki Master, and Yoga Teacher who loves to help people to live their ideal lives.

Through my therapeutic programs and workshops, I support you to rediscover your magic. Which means you can go from feeling frazzled to focused.

I introduce you to your sub-conscious resources, so you can dip into them regardless of what life throws at you.

I believe anything is possible if you have the tools to understand yourself, manage stress and create a reality you would like to live (regardless of what's going on around you).

"..never let what you cannot do interfere with what you can do"

- Myles Munroe

GOT QUESTIONS?

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WANT MORE?

TAP INTO YOUR SUBCONSCIOUS RESOURCES

Yay! You're well on your way!

I hope you have enjoyed my 12 Days of Christmas Care.

Among all the changing priorities of life, we can tend to forget about ourselves. That's why I'm so pleased you've taken this easy step to take care of yourself.

If you'd like more ideas on how to keep this going and connect more deeply with your insight, intuition and inner calm, you can connect with me:



Remember to join my Facebook Group: **'Joy First'** - it does what it says on the box. Putting joy at the top of the list.

To book a 1:1 appointment click the link here:



Stay well and much love,

Helen Hart xo

Behavioural Neuroscientist | Clinical Hypnotherapist | Strategic Psychotherapist |
Reiki Master | Yoga Teacher
Dip Clinical Hypnotherapy & Adv Dip Neuroscience

A woman with long dark hair is sitting in a meditative pose on the grass, leaning against a large tree trunk. She has her eyes closed and her hands are resting on her chest. She is wearing a dark blazer over a patterned top and blue jeans. The background shows green foliage and a stone wall. The image has a semi-transparent overlay with teal-colored quotation marks and text.

**“With Mindfulness
– the practice of peace –**

**We can begin by working
to transform the
wars in ourselves.**

**Conscious breathing
helps us to do this.”**

**- THICH NHAT HAHN -
BUDDHIST MONK**