



# MINDFULNESS FOR FREELANCE LAWYERS

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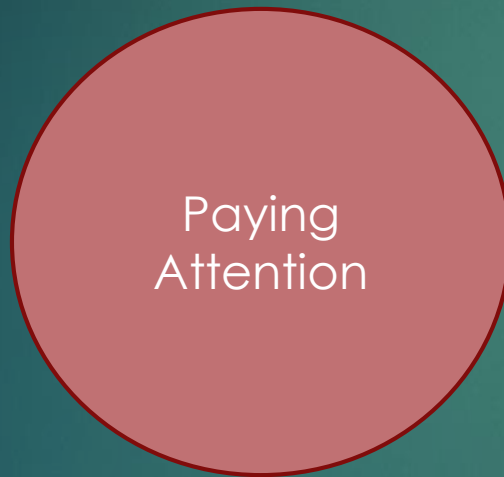
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# OVERVIEW

- ▶ What is Mindfulness?
- ▶ The main formats for practising Mindfulness
- ▶ Key benefits and research behind Mindfulness
- ▶ Practical tips for practising Mindfulness in the current circumstances

# WHAT IS MINDFULNESS?

Mindfulness is a way of paying attention



On purpose

To an aspect of one's present  
experience

With curiosity and non-  
judgment

# PRACTICE OF MINDFULNESS



Formal  
Meditation

Mindful  
Activity

# BENEFITS OF MINDFULNESS

**STRESS  
RECOVERY**

**Lower  
Amygdala  
Activity**

**WORK  
PERFORMANCE &  
ENGAGEMENT**

**Increased  
Focus,  
Concentration**

**SELF AWARENESS**

**Taming  
Rumination**

## MINDFUL ACTIVITIES DURING THE LOCKDOWN

Mindfully washing  
our hands:

- ▶ The feel of the water
- ▶ Its temperature
- ▶ Where does your mind go?



## MINDFUL ACTIVITIES DURING THE LOCKDOWN

Eating a snack mindfully:

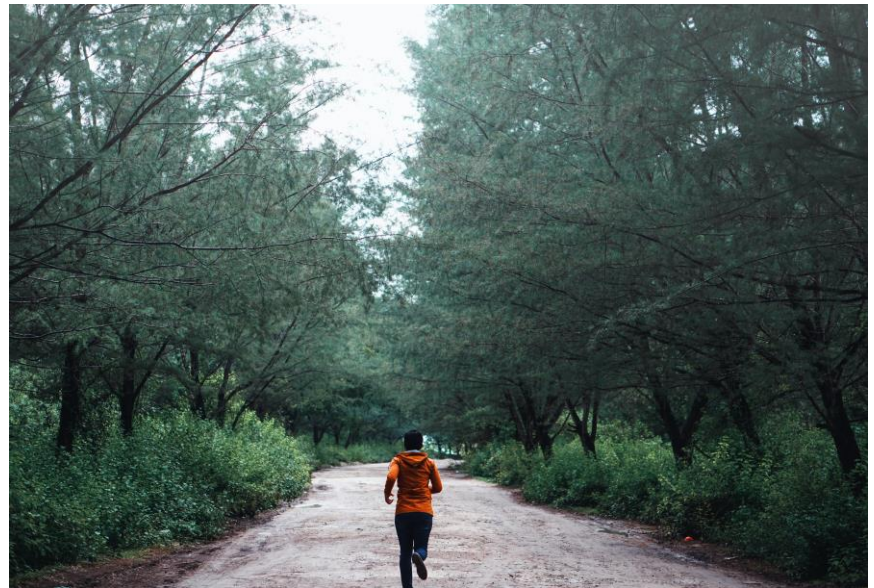
- ▶ Notice its appearance
- ▶ Weight, temperature, texture
- ▶ Subtle tastes with every mouthful



## MINDFUL ACTIVITIES DURING THE LOCKDOWN

Mindful running:

- ▶ Noticing one's breath
- ▶ Tuning into sounds
- ▶ Sensations of your feet hitting the ground







# MAKING A START

Apps- Headspace/Calm/Waking Up with Sam Harris

One mindful activity a day