

CLEAR YOUR MIND

MINDFULNESS

Mindfulness is the art of paying attention to something on purpose, being aware of your thoughts and feelings. It's about being in the moment. Try this activity to help you clear your mind and be ready for your next netball game.



- Find somewhere comfortable to lay down
- Slow down your breathing
- Focus on the sound of your breathing and the rise and fall of your stomach
- Let all your thoughts float past like the clouds in the sky