



finding *balance* with Bink

Practising simple, healthy habits supports me in so many ways throughout my days!

Starting small and trying my best to not skip two days in a row helps me build up the momentum and consistency that I have always craved.

When I practise these habits on a regular basis, I feel more mentally stable, more often :)

I still fall 'off track' sometimes and that's okay. If just half of my habit tracker is complete at the end of the month, I can still look back and say it was a good one. If not... I can start fresh and try again.

Create some space for yourself and your mental health (most days) and you will be better for it <3

It can take up to 45 minutes to complete
the following mindful moments.

You could do them as soon as you wake up,
before you go to sleep or even sprinkle
them across your day.

These particular habits work for me,
you can always personalise them to suit you.

BREATHE; enter the present moment

*Get comfortable, set a timer, inhale & exhale slowly.
Mentally note "breathing in, breathing out" or
count each breath, if that helps to quiet your mind.*

WRITE; let go of unnecessary thoughts

*Brain dump thoughts that have been running through your mind.
Start with 5 lines and let the words flow onto the page.*

REPEAT; strengthen / flip your mindset

*Create or find a saying that brings you to a better place, e.g.
"I am thankful for this moment of mindfulness" or "I've got this."*

READ or LISTEN; remember why

*Learn or relearn something about yourself and your values each
day with a non-fiction book or podcast.*

MOVE; release stagnant energy

*Ask yourself "what does my body need today?"
Do your best to get out of your mind and feel into your body.*

NOTICE; how you feel

Bring that energy into your day.



Use an iPad/tablet to fill out your
habit tracker or print 'page 3' only xoxo

BINK STUDIOS

mindful designs, thoughts & resources