



# Reflect, Recharge, Refocus

Frank Liddy, Inspire Lead Mindfulness Practitioner

## Inspire Workplaces, January 2021

**The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.**

Winter is a time of hibernation and a time for us to: **Reflect, Recharge and Refocus.**

Mindfulness practice allows us the opportunity to do this. In order to recharge we must reconnect with ourselves. That means making time and creating space to be with ourselves.

In an age where our inner and outer space are encroached upon as never before, by technology, media and advertising, it can seem quite a radical act to disconnect – but the benefits it offers us are many.

**Here are a few ideas to guide you:**

**SCHEDULE SOLITUDE.** Solitude has a crucial role to play in helping us to recharge. Prioritise some time spent in your own company, and plan something nourishing for yourself – it could be as simple as a cup of tea in your local café, or a solo stroll through the park. Use the time to reflect and tune into this moment.

**TAKE A DIGITAL DETOX.** For as many days as you can manage, unplug from technology. Put down your phone. Disconnect from the internet. Bring your focus back to the people and places around you. Give your brain a holiday from the constant stream of information it is inundated with.

**CREATE SPACE FOR SILENCE.** Silence restores the senses and recharges the mind and body. Stepping away from the distractions and stimulations of life every now and again can do us the world of good. We may also find it rejuvenates the relationship we have with ourselves.

**RELAX AND RELEASE.** Slow down, and take time to 'be', rather than to 'do'. Give yourself permission to be, and to experience periods of openness that you aren't trying to shape with expectations, or fill with thoughts and actions. Relaxation slows down brain waves, which refreshes and renews the brain's chemistry and strengthens the prefrontal cortex that finely tunes our focus.

**ESTABLISH A DAILY PRACTICE.** We can extend the benefits to a new year Recharge by carving out the time to dedicate ourselves to a daily mindfulness practice. The more we practice, we are better connected to ourselves and our intentions, which guide the direction of our lives.

Learn more about mindfulness and mindfulness practice – visit the Inspire Mindfulness Institute: [inspirewellbeing.org/mindfulnessinstitute](https://inspirewellbeing.org/mindfulnessinstitute)

For a range of online resources to help you look after your wellbeing: [inspiresupporthub.org](https://inspiresupporthub.org)