

MINDERFUL

Mental Fitness for Lockdown: Day 6
Mindfulness For Negative Emotions X
Prof. Kapil Nayar

We've done this for a few days now, so hopefully you know the drill: an email lands in your inbox, and you enjoy a useful nugget or two of wisdom. You might have already found a couple of things that work for you, but if you haven't yet there's plenty more coming in the next few days.

Which is why we are so, so happy to announce today's treat - a series of mindfulness exercises by Prof. Kapil Nayar, a man who went to *all* the schools to learn about the mind so that you don't have to.

He's certified in hypnotherapy and mindfulness-based stress reduction, in addition to his Masters Degree in Clinical Counselling Psychology from Grand Canyon University, so you could say that he knows a little tiny bit about how to deal with stress. And luckily for us, he's created something neat and easily digestible for when we're on the go and perhaps not feeling so great.

We'll let Kapil tell you more himself:



He's put some mindfulness exercises together which address many of the negative emotions we might be dealing with as a result of lockdown 2.0. Click on an emotion below to listen to the corresponding exercise:

Lonely

Frustrated

Bored

Guilty

Stressed

Discouraged

As Kapil said, perhaps try them before bed. We think you'll enjoy them - we certainly do.



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