



Wellbeing Resource

Quieten Your Mind — Fact Sheet

Our minds are often busy — replaying the past, worrying about the future, or overthinking. Quieten Your Mind practices help create calm, clarity, and focus, supporting both mental and emotional well-being.

Why It Matters

- Reduces stress and anxiety
- Improves sleep
- Boosts concentration and creativity
- Enhances emotional balance

Evidence-Based Approaches

- Breathing techniques: Slow, deep breathing lowers cortisol and activates the calming parasympathetic nervous system.
- Mindfulness: Paying attention to the present moment reduces overthinking.
- Movement: Yoga, walking, or stretching help settle mental chatter.
- Grounding exercises: Using the 5-4-3-2-1 method (senses) to anchor attention.
- Writing it down: Journaling releases rumination and clears mental space.

Quick Daily Tips

- Take 3 slow breaths before starting tasks.
- Schedule 'worry time' to contain intrusive thoughts.
- Replace screen scrolling before bed with quiet reflection

my life me