

# Take Notice

## During the Coronavirus Pandemic

### Take Notice

To 'take notice' is to be in the present moment, being aware of what is going on around you and how it makes you feel. To 'take notice' is a lot like mindfulness.

You can do this almost anywhere, for example:

- At home
- Whilst walking outside
- On the way to work
- Sitting in the garden

Take notice of:

- What you can hear
- What you can smell
- What you can see
- How you feel
- Your breathing

### Useful Apps

- Headspace
  - Calm
  - Aura
  - Stop, Breathe and Think
  - Insight timer
  - Smiling Mind
  - Daily Yoga
  - Pocket Yoga
  - Yoga Studio
  - Simply Yoga
- and many more!

### YouTube

- Yoga with Adriene
  - Purple Valley Ashtanga Yoga
  - Body Positive Yoga
  - Spirit Voyage
- and many more!

**What's worked for you? We'd love to hear your ideas!**