Simply Mindful

Here are few basic tips for daily mindfulness:

• Meditate every day: Make some quiet time for yourself, even if it is a short time, and stop and pay attention to your breathing. Be purposefully aware.

• Take a Hot Yoga class.

• Have a gadget free hour a day – no smartphone, ipad, laptop ...

• Get outdoors – go for a walk, run, hike or swim and take in the environment. Be conscious of every step and breath you take and resist the temptation to Instagram it.

• Commit an act of gratitude – big or small – there is always someone to appreciate or something to be thankful for.

• Genuinely partake in an act of kindness – a simple smile can have a profound impact on how we and others feel.

• Aim to be less reactive and more responsive.

Mindful Environment:

Being mindful of our environment is becoming an important part of our culture. This increased awareness has given upcycled furniture and accessories a noticeable space in interior design. The most popular items are reclaimed wood for flooring and furniture, and upcycled glass or repurposed containers for light fittings.

Artwork by David Ballam framed in re-claimed timber, available from Weylandts

Windowsill herb boxes from Sultree. Email liezlleevyn@hotmail.com

Retro jar pendant lampshades, from R395, available from Weylandts

Mindful Inspiration:

• MINDFULNESS FOR BUSY PEOPLE by Dr Michael Sinclair and Josie Seydel. R160, Bargain Books

• MIND WHISPERING by Tara Bennett-Goleman. R270, Bargain Books

• SANE NEW WORLD by Ruby Wax. R257, www.kalahari.com

• THE MINDFUL CHILD by Susan Kaiser Greenland, R194, Exclusive Books

Mindful Snack: Edamame beans are the new rage. Eda-who? Young soybeans still in the pod. The real secret – they are yummier than they sound, a great snack, and are a mindful way of supplying your body with protein. Lightly boil the pods in salted water and sprinkle with coarse salt. Using your fingers squeeze the seeds directly from the pods into your mouth. A great way to wow your guests at your next dinner party. Edamame beans, available from Food Lover’s Market. www.edamame.co.za

Mindful Drink: Audacia Wines from Stellenbosch have launched a unique “No Sulphites or Preservatives Added” Merlot. The use of Rooibos and Honeybush wood in the wine-making process creates a light, graceful red wine alternative, free of traditional amounts of allergy-inducing preservatives. The use of local indigenous wood instead of imported wood also makes it a more sustainable and environmentally friendly choice. R180 a bottle, available from www.audacia.co.za

The most precious gift we can offer anyone is our attention.
When mindfulness embraces those we love, they will bloom like flowers

Thich Nhat Hanh

Picture: Karen Swanepoel