

Mindfulness checklist

Mindfulness helps to generate greater awareness of our inner state and provide a sense of calm. Since more and more people are craving ‘time out’ from their busy lives, this is a growing market. To help you target this market, we’ve created a checklist of ways to appeal to these potential visitors and how to provide a supportive ambience.

Make calming, restful and balanced atmospheres by using neutral or soft colour palettes for interiors. Install soothing lighting to set a relaxing mood. For additional effect, layer the light with beeswax candles.

Ensure spaces are clutter-free. Untidy surfaces add to stress levels, so less is more. Use stylish storage in natural materials if needs be.

There is lots of evidence to suggest that phones and tablets add to stress levels and speed up the mind. Encourage a mobile phone detox by making some areas a device-free zone.

Create tranquil, cosy spaces to sit with lots of snugly blankets preferably by a warming fire in cooler months or with a wonderful view.

In a quiet corner, provide mindfulness colouring books with a pot of colouring pencils or pens.

Build links with nearby mindfulness and holistic therapy practitioners, so clients can enjoy a session when they need it.

Yoga helps to stretch the mind as well as the body. Direct clients to the nearest Yoga teacher – or if you have space consider holding sessions at your premises.

Show your visitors quieter areas to walk, particularly where there are streams, quiet beaches, woods, birdlife and places to sit for a while. You can download a couple of suitable walks from the North York Moors National Park website www.northyorkmoors.org.uk/visiting/enjoy-outdoors/walking/our-walks.

You may wish to offer calming past times such as painting, Tai Chi, and meditation if you have space, or point guests to the nearest instructors/venues.

Consider supplying reading material on mindfulness so visitors can find out more about it. Subscribe to magazines such as Mindful (Mindful.org) or Breathe (www.breathemagazine.com/about-us), which have lots of useful articles. Mindful.org has lots of information that can be printed out too.

When they leave give them a list of supportive downloadable apps, recordings or monthly subscriptions, e.g. headspace.com, Calm.com, Calm Club (www.calmclub.charlottewattshealth.co.uk)

