

BEEKEEPING SINCE 1974



# MĀNUKA MOMENTS



DAILY RITUALS FOR WELLNESS





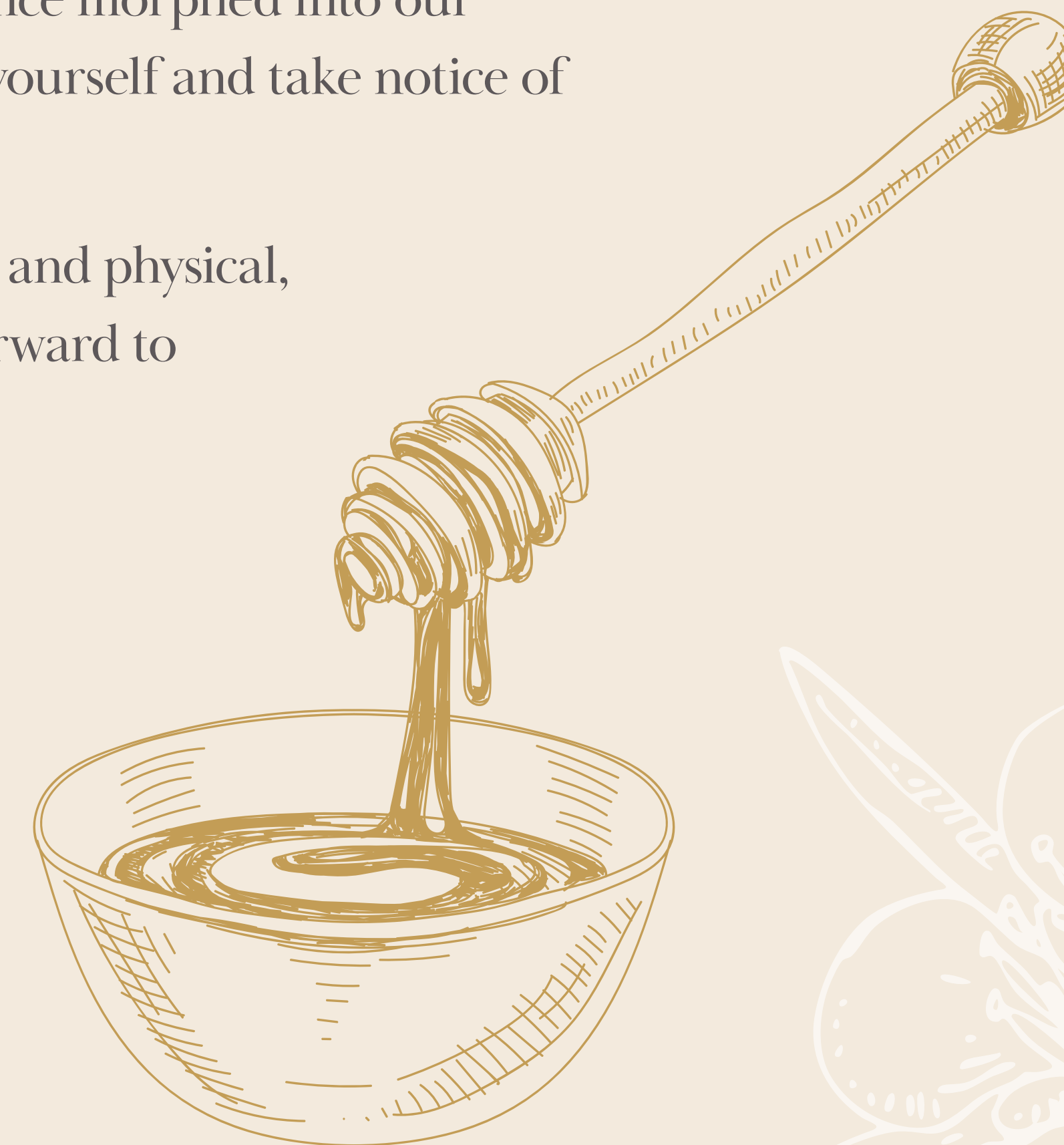
## Welcome

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In 1974, Comvita founders Claude Stratford and Alan Bougen imagined people living healthy lives. Bees were their inspiration and honey their medicine. This passion to connect people to the healing power of nature has been Comvita's driving force since.

This eBook is inspired by our “one spoonful a day” challenge, which encourages people to enjoy one spoonful of Comvita's UMF™ Mānuka honey, and to create a mindfulness ritual around that experience. This has since morphed into our “Mānuka Moments”, evolving from that simple spoonful to an opportunity to reconnect with yourself and take notice of the world around you.

We hope this eBook will support your empowerment to prioritise your wellbeing, both mental and physical, for all of the benefits to be gained from doing so. Even if it is just one small change, we look forward to hearing about your Mānuka Moment.





## What is a Mānuka Moment?

A Mānuka Moment is about a pause in your day; A pause where you take notice for a mere 60 seconds, taking a step back from the frenzy of the modern world and the constant juggle in your head, and connect with your world.

It may be a moment of embodiment with a mindful cup of tea, an intentional moment of being whole heartedly engaged in the conversation with a child or an animal, or simply allowing yourself to notice a daily delight.

When we are looking for the good, and taking that moment to appreciate the small things, we allow our brains to start working in a new way. The more we focus on little positive things, the more they will appear.

Are you ready to create your own Mānuka Moment?

*It's about inspiring and supporting the holistic wellness of your mind and body*





## Daily Delights

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The great thing about a daily delight is that they are all around you. The more we look for them the more we will notice them, which results in our brain starting to look for the positives around us on a regular basis.

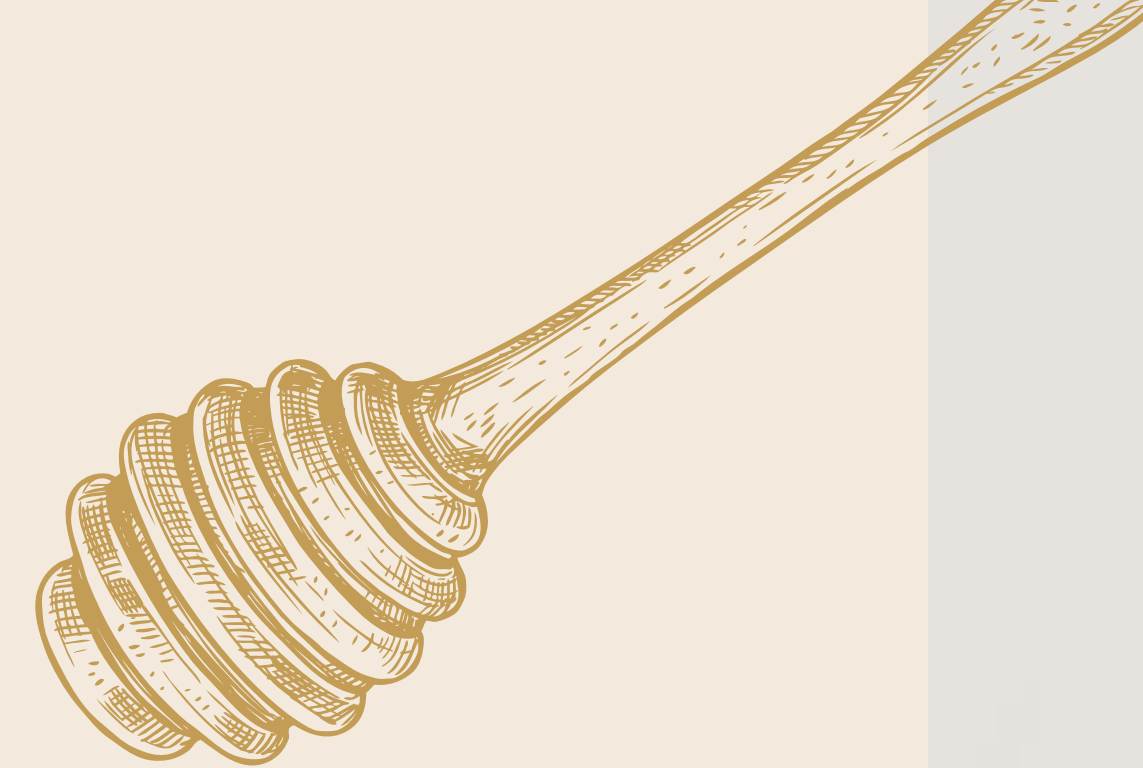
It is an easy and simple practice to start, and if you miss a day – don't worry! Simply pick it up the next day.

What is a delight? Well, they will differ for everyone, which is OK!

Here are some ideas from us at Comvita:

- The smell of a freshly brewed cup of coffee in the morning
- Bird song at dawn/dusk
- Hearing one of your favorite songs over the loud speakers while shopping (and being with someone who you might have a wee dance with in the aisles)
- Connecting with a perfect stranger over a shared, split-second experience
- The smell of a new book
- Singing intentionally badly in the shower
- A laughing baby
- A sunset

We would love for you to share your delightful Mānuka Moment on social media and tag @comvita\_nz so we can follow support and cheer you along. Feel free to check out the hashtag #ManukaMoments on Instagram for more inspiration.





## CHAPTER 7



# DELIGHTS IN FOOD

Mindful cooking or baking can transform the kitchen into an oasis of peace and creativity.

Engage all your senses as the aromas fill the air, the sizzling sounds of a pan, or being in the moment of exact precision for the science of baking. Create a space for yourself where you can be fully present and free from distractions and find your delight in food.



MAKES TWO DRINKS

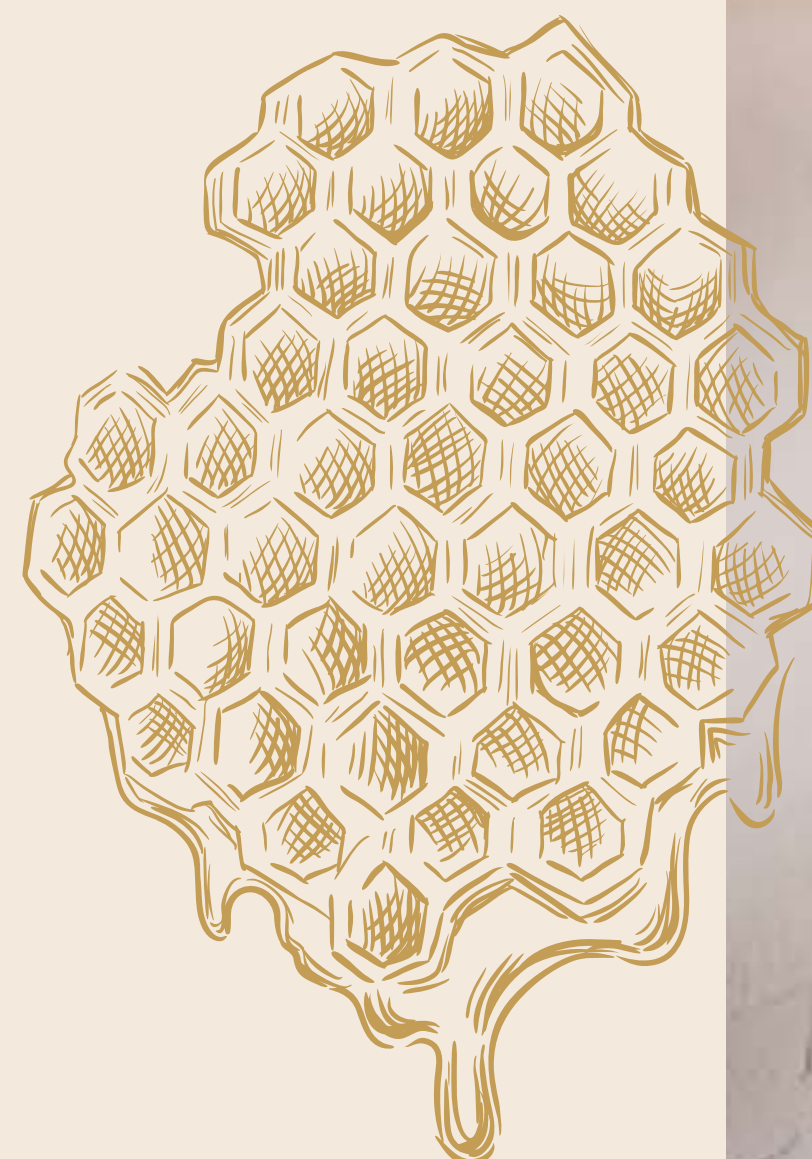
## Orange, Carrot & Ginger Refresher

### Ingredients

- 2 oranges
- 4-5 large carrots
- Knob of ginger (approx. 30g)
- 1 Tbs (15mL) Comvita Olive Leaf Extract
- 1 Tbs (15g) Comvita UMF™ 10+ Mānuka honey

### Method

- 1 Peel oranges, wash & peel carrots, and peel ginger.
- 2 If using a juicer, juice all ingredients.  
If using a blender, blend all ingredients until smooth, then strain to separate out pulp. Enjoy!





## Berry Delight Smoothie

A Mānuka Moment that is good for you, in more ways than one! This tasty berry smoothie is a great way to pack a lot of good-for-you ingredients into one meal, and it's super convenient to enjoy on-the-go if you need to, or while journaling, manifesting and preparing for the day ahead.

### Ingredients

- 1 small frozen banana
- ½ C frozen blueberries
- ½ C frozen raspberries
- 1 Tbs (15mL) Comvita Olive Leaf Extract - Berry Flavour
- 1 Tbs (15mL) vanilla protein powder
- 1 Tbs (15mL) peanut butter
- 1 C soy milk
- 1 tsp UMF™ 5+ Comvita Mānuka honey

### Method

Pop everything into a blender and blitz until smooth.



Check out our Wellness Recipe eBook and Honey, Let's Celebrate eBook for more recipes inspired by Comvita's Mānuka honey.







## Bliss Balls

Bliss balls are a great way to enjoy lots of superfoods and healthy ingredients in one snack, and you can experiment with all different flavour combinations so you always have some on-hand to grab and go when you need a nourishing snack.

### Ingredients

- ½ C raw cashews
- ½ C rolled oats
- ½ C desiccated coconut, plus extra for rolling
- ¼ C sugar free white chocolate buttons
- 1 scoop of vanilla protein powder
- 1 Tbs (15mL) Comvita UMF™ 5+ Mānuka honey
- 1 tsp (5mL) lemon rind
- 1 Tbs (15mL) lemon juice

### Method

- 1 Place all ingredients in a high powered blender. Mix until combined, or until a dough-like consistency is formed.
- 2 Roll into 1 tablespoon sized balls, coating in extra coconut.
- 3 Serve with warm Mānuka honey drizzled over them, or store in a sealed container in the refrigerator.



This recipe was developed by Sports Nutritionist Emily Hartley, from [@emilymayhartley](#). Check out our Wellness Recipe eBook and Honey, Let's Celebrate eBook for more recipes inspired by Comvita's Mānuka honey.





# Supercharged Salad



Mānuka honey is a great natural sweetener and can be used in salads, on roast vegetables and in homemade sauces or marinades to elevate the dish, without refined sugar and preservatives. This Supercharged Salad with a Mānuka honey dressing is just one way to utilise Mānuka honey in the kitchen.

## Salad Ingredients

- Roast pumpkin
- Steamed broccoli
- Avocado
- Leafy greens
- Sliced carrots
- Purple cabbage
- Chia seeds

## Dressing Ingredients

- 1 tsp (5mL) UMF™ 5+ Mānuka honey
- ¼ C olive oil
- 1 Tbs (15mL) lemon juice
- 1 garlic clove, crushed
- Sea salt and pepper

## Method

- 1 To make the salad, assemble the leafy greens and cabbage in the bottom of a bowl, and layer on the broccoli, pumpkin, avocado and carrots. Top with chia seeds and prepare the dressing.
- 2 To make the dressing, add all ingredients in a bowl and stir until combined. Gently pour the dressing over the salad and enjoy.



This recipe was developed by Clinical Nutritionist and Cookbook Author Lee Holmes from [@leesupercharged](https://www.instagram.com/leesupercharged).

**Top tip:** drizzle Mānuka honey over your pumpkin before roasting for an extra special flavour.







## Healthy Oat & Seed Slice

If you've got a sweet tooth, your Mānuka Moment might look a little like a sweet treat after dinner, while enjoying some downtime on the couch, or in your favourite reading nook.

### Ingredients

- 1 ¾ C of quick oats
- ¼ C chia seeds
- ½ C sunflower seeds
- ¼ C shredded coconut
- ¼ C pumpkin seeds
- ¼ C hemp seeds (or replace with chia seeds)
- ½ C WPI (flavour of choice)
- 120g smooth and natural peanut butter
- ½ C Protein Powder of your preferred flavour
- 100g light butter
- ½ C UMF™ 5+ Comvita Mānuka honey
- 1 tsp (5mL) vanilla extract
- 1 tsp (5mL) cinnamon
- Pinch of salt

### Method

- 1 Place baking paper into a shallow slice tin. Mix dry ingredients in a large bowl.
- 2 Create a well in the middle of the dry mixture and set aside.
- 3 Melt peanut butter, honey, butter and vanilla extract in a pot on low heat. Once the liquid mixture has blended together, pour it into the dry mixture and fold together well.
- 4 Pour mixture into the slice tin and pat down until it's all level and snug in the tin. Place in the fridge overnight then cut up into slices and store in an airtight container for max 2 weeks.



This recipe was developed by Tara Emily from [@taraemily\\_sportsdietitian](https://www.instagram.com/taraemily_sportsdietitian).

Check out our Wellness Recipe eBook and Honey, Let's Celebrate eBook for more recipes inspired by Comvita's Mānuka honey.







## Health Tonic

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An immunity boost to enjoy all year round; a health tonic that tastes good, and is good for you.

### Ingredients

- 2 large lemons
- 1 C ginger, peeled & cubed
- Thumb sized turmeric, peeled & cubed
- 2 Tbs (30mL) UMF™ 10+ Mānuka honey
- 500mL cold water
- Black pepper (optional, for serving)

### Method

- 1 In a high-powered blender add all ingredients aside from the black pepper.
- 2 Blend well. Funnel into a glass bottle and keep in the fridge.
- 3 To drink as a shot, pour 30-50mL into a glass and crack over some black pepper OR add the same amount into a cup and top with hot water to enjoy as a warm drink.



This recipe was developed by Recipe Developer Andrea Love, from [@eatnikfood](https://www.instagram.com/eatnikfood).





# Mānuka Honey + Lemon Water

One of the popular Mānuka Moments is Mānuka honey & lemon water. It is quick, easy and tastes delicious, and as a morning drink it has the additional benefit of kick starting your digestion.

## Method:

- 1 Use pre-boiled or filtered water and warm to 40-50 C°
- 2 Gently stir in 1-2 tsp (5-10mL) Comvita UMF™ 5+ Mānuka honey, depending on your preferred level of sweetness. Stir honey water until the honey is fully dissolved.
- 3 Squeeze in fresh lemons to taste.
- 4 Top up with warm or cool water, depending on your preference.



**Top tip:** Never use boiling hot water. Cool or warm water helps to retain the natural goodness in honey (such as enzymes).





## CHAPTER 2



# DELIGHTS IN MOVEMENT

Finding delight in movement can be as simple as a little skip to the letter box.

In a world that is always on the go, it can be hard to slow down and appreciate how good it can feel to move your body. From a light walk, a gentle stretch session, a boogie in the kitchen or a more intense HIIT workout, movement will help releases endorphins, the “feel-good” hormones, promoting a sense of well-being and positivity.

We have put together some exercises for you to try – please ensure you tailor all workouts to your fitness level.



## Movement

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Do you find delight in movement and exercise? You could chuck on your favourite song and have a 4-minute kitchen boogie, or if you are wanting something more structure, below are some High Intensity Interval Training (HIIT) idea starters – let us know what works for you!

You can power your pre workout with a spoonful of Comvita UMF™ 5+ Mānuka honey, as a great natural source of energy that also contains proteins, essential amino acids, vitamins, minerals and polyphenolic compounds.





## HIIT Exercises to try

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Set your timer for 60 seconds and complete as many repetitions of each exercise as you can in 45 seconds, and then rest for 15 seconds before you move on to the next exercise. Depending on your fitness level, tailor this to suit. See if you can get to 15 minutes a day!

### 1. Hand-Release Push-Ups

- A. Start in a standard push-up position, and lower body all the way down to the floor.
- B. Lift hands off the ground for a second, then exhale while pressing body all the way back up.

To modify, just drop to knees – it will still make for an intense HIIT workout at home

### 2. Plyo Push-Ups

- A. Start in push-up position, and lower body to the floor.
- B. Get a big push off the floor and lift hands off the ground before landing back in push-up position. To modify, drop to knees.

### 3. Russian Twists

- A. Sit on the floor, with heels touching the floor or lifted (more advanced) and hands at your chest.
- B. Twist from side to side.

### 4. Single-Leg Burpees

- A. Lower body into a squat, and place hands on the floor directly in front of feet.
- B. Jump feet back with only one foot touching the floor, and lower body to the ground.
- C. Bring feet back to hands, then jump into the air on that same foot without letting the other touch the ground.  
Go directly into the next rep without touching down.
- D. Repeat for 30 seconds on each side.

### 5. Supermans with Lateral Raises

- A. Lying on stomach, lift legs and arms off the floor, arms reaching straight in front. Squeeze back and glutes to keep legs up.
- B. Pull elbows down to waist, return to starting position, and repeat.







## HIIT Exercises to try

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### 6. Lateral Lunges with Hops

- A. Step left leg out to side for a lateral lunge, keeping right leg straight.
- B. Bring left leg up to a 90-degree angle and hop on right leg. Repeat on each side.

### 7. Tuck-Ups

- A. Lie on back with arms straight overhead. Crunch legs into your chest while lifting back off the floor.
- B. Grab legs, balancing on your glutes. Return to starting position and repeat.

### 8. Mountain Climbers

- A. Start in high plank position with shoulders over wrists.
- B. Quickly drive each knee into chest one at a time as if running.

### 9. Plank Jacks

- A. Start in low plank position with feet hip-width apart.
- B. Hop feet out wider than hip-width, and then hop back to the starting position.

Keep your core engaged and don't allow butt to pop up above the height of shoulders

### 10. Squat Thrusts

- A. From standing position, drop hands to the floor and kick feet back to be in plank position.
- B. Hop feet back to centre and return to standing.



# HIIT Exercises to try

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## 11. Plank-Ups

- A. Start in high plank position. Place right elbow under right shoulder, then left elbow under left shoulder, to be in low plank position. Make sure to keep shoulders stacked over wrists.
- B. Press back up to high plank position, starting with right arm.
- C. Repeat, rotating leading arms each time.

## 12. Flutter Kicks

- A. Lie on back with hands behind head, holding head and shoulders up off the floor.
- B. Keeping legs long and straight, bring one leg into the air while the other hovers parallel to the ground.
- C. Keep switching legs continuously.



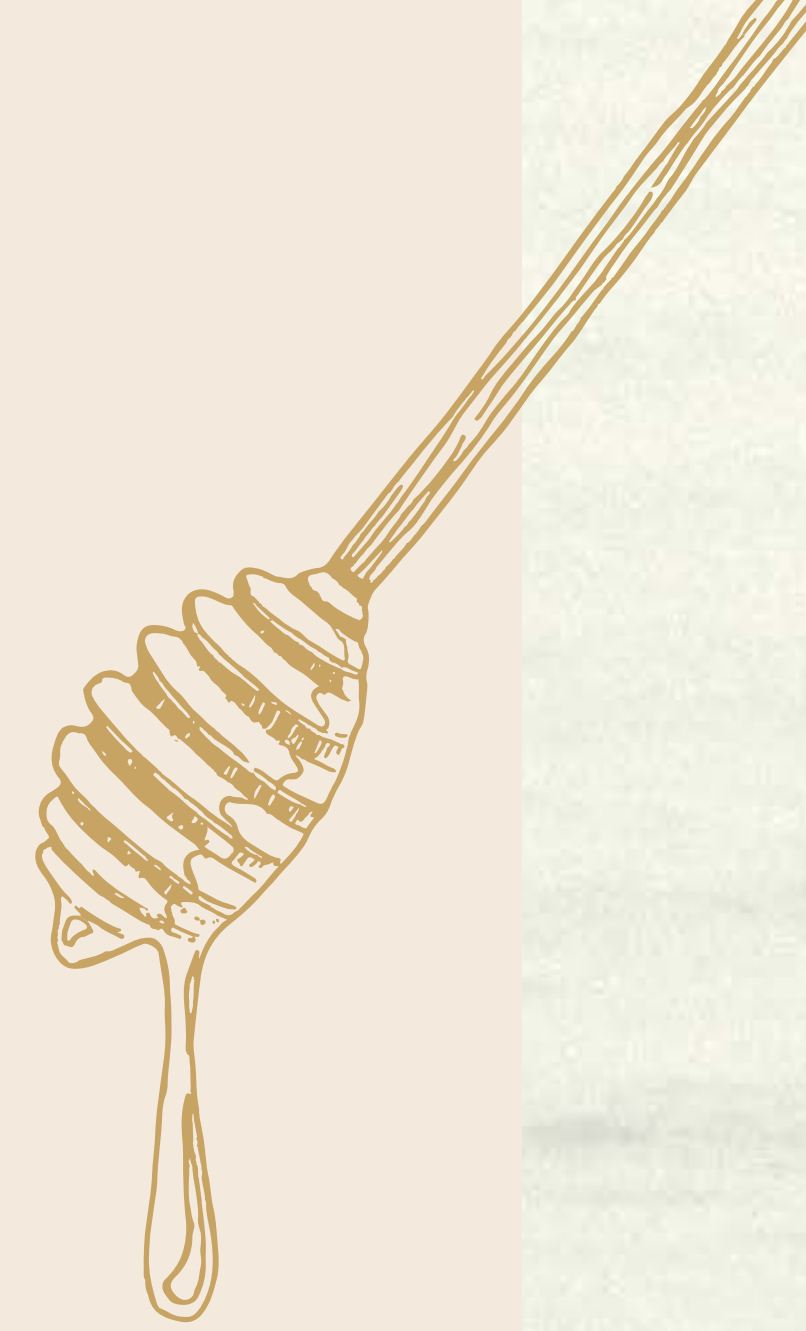
## Walking - Bush or Urban

Walking is the perfect way to zone-out and rid yourself of any daily stress. Plus, the exercise-induced endorphins released will leave you feeling better than ever by helping to improve your mood.

You might sometimes feel like you're too tired to get out walking, but keeping active can actually boost your energy and help you feel less tired in the long term. Adding more activity to your daily routine can help improve the quality of your sleep, meaning you feel more rested in the morning.

Plus, when you go for a walk outside, you get the added bonus of Vitamin D. Just make sure you wear sunscreen depending on the time of day, and stay hydrated.

A mindfulness walk can be a great way to break up the day, even if you are in the office.





## Mindfulness Walk

- 1 As you begin, walk at a natural pace. Place your hands wherever comfortable: on your belly, behind your back, or at your sides. With each step, pay attention to the lifting and falling of your foot. Notice movement in your legs and the rest of your body. Notice any shifting of your body from side to side. Whatever else captures your attention, come back to the sensation of walking. Your mind will wander, so without frustration, guide it back again as many times as you need. Particularly if you are outdoors, maintain a larger sense of the environment around you, taking it all in, staying safe and aware.
- 2 Now for a few minutes, expand your attention to sounds. Whether you're indoors, in the woods, or in a city, pay attention to sounds without labeling or naming, and try not to worry about it if they are pleasant or unpleasant. Notice sounds as nothing more or less than sound.
- 3 Shift your awareness to your sense of smell. Again, simply notice. Don't push or force yourself to feel anything at all, just bring attention to the sense of smell, whatever you discover.

- 4 Now, move to vision: colors and objects and whatever else you see. Patiently coming back each time something grabs your attention, or even if something needs addressing, like avoiding an obstacle. Staying natural, not overly rigid, not daydreaming and drifting, but with sustained awareness.
- 5 Keep this open awareness of everything around you, wherever you are. Nothing to do, nothing to fix, nothing to change. Fully aware; just walking.
- 6 In the last moments, come back to awareness of the physical sensations of walking, wherever else your mind found itself throughout the practice. Notice your feet again touching the ground. Notice again the movements in your body with each step.

When you're ready to end your walking meditation, stand still for a moment again. Pausing, choose a moment to end the practice. As you finish, consider how you might bring this kind of awareness into the rest of your day.



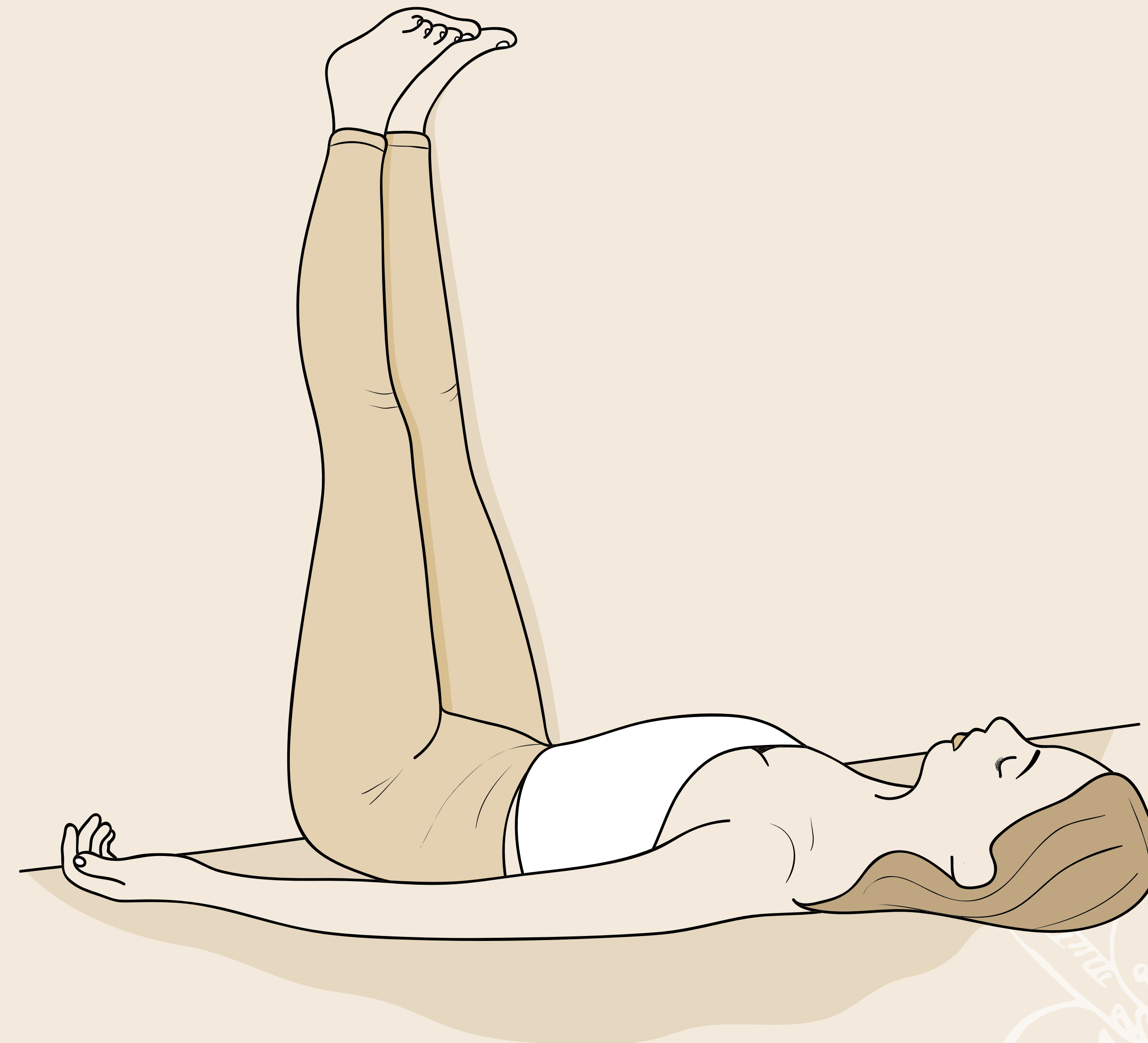
A mindfulness walk can be a great way to break up the day, even if you are in the office.



## Destress Pose

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A Mānuka Moment is about carving out time to connect with your mind and body, pausing for a moment to nurture from the inside out. If a Mānuka Moment was a yoga pose, it would be the “legs up the wall” pose, otherwise known as a destress pose. This pose is known to increase circulation, soothe the nervous system and allow the body and mind to relax. It doesn't require much flexibility, strength or fitness, and it forces you to completely disconnect from whatever you are doing. Take 5 minutes out of your day to be in this pose, followed by a nourishing afternoon snack before jumping back into work.





## CHAPTER 3



# DELIGHTS IN PAMPERING

Did you know that Comvita UMF™ 10+ Mānuka honey is great for the skin? The UMF™ 10+ has a higher level of active ingredients, giving you more benefits to enjoy. Mānuka honey can improve your skin's appearance, balance your skin's pH level and help slough away dead cell debris to keep your skin clean. As an antibacterial, Mānuka honey can help treat acne, with the anti-inflammatory properties of the Mānuka honey decreasing local inflammation. Mānuka honey is ideal as a face mask for dehydrated skin, or in a lip scrub; perfect for the change of seasons.



## Exfoliating Sugar Lip Scrub



DIY beauty treatments are a great way to start using natural ingredients in your skincare routine, and you can also save a lot of money too!

### Ingredients

- 1 Tbs (15mL) Comvita UMF™ 10+ Mānuka honey
- 1 Tbs (15mL) raw natural brown sugar
- 1 tsp (5mL) coconut oil

### Method

- 1 Gently warm the coconut oil to loosen the consistency and mix in a small bowl with Comvita UMF™ 10+ Mānuka honey.
- 2 Add the sugar and combine, noting that more coconut oil can be added if the mixture appears too thick. Using a circular motion to exfoliate, apply the mixture to your lips with your finger and continue to gently rub for a few seconds.
- 3 Leave the mixture on your lips for up to 3 minutes to make sure your skin absorbs the natural conditioning properties of the Mānuka honey.
- 4 Rinse off with warm water.



**Top tip:** To get the consistency of the lip scrub right when adding the coconut oil, aim for a thickness that keeps the exfoliating sugar granules bound together but is also loose enough to apply evenly and massage.







## Mānuka Honey Moisturiser

Moisturising your face helps to protect the skin's barrier from irritation. It also helps to reduce the development of dryness, or helps you to revive your skin from dryness. This recipe gives your skin the chance to properly absorb and lock in the special beneficial compounds of UMF™ Mānuka honey.

### Ingredients

- 1 ½ tsp (7.5mL) Comvita UMF™ 10+ Mānuka honey
- 60mLs olive oil
- 1 Tbs (15mL) Argan oil
- 1 tsp (5mL) New Zealand beeswax
- ½ tsp (2.5mL) vitamin E oil
- 5 Drops of essential oil (lavender recommended)
- 5 Drops of frankincense essential oil

### Method

- 1 Place the olive oil, New Zealand beeswax and Argan oil in a microwave safe bowl.
- 2 Heat in 10 second increments and stir until the beeswax has melted.
- 3 When the mixture has cooled, stir in the Comvita UMF™ 10+ Mānuka honey, vitamin E, lavender oil, and frankincense oil.
- 4 Transfer to a small container and place in fridge, if necessary, to firm the mixture.
- 5 Use fingers to apply the moisturiser gently to the face, in upwards strokes, being careful to avoid the eyes.



**Top tip:** If you're wondering where to buy beeswax, you'll find plenty of stockists and retailers online. Stored in an airtight container, your moisturiser will stay fresh for 3 – 4 months.





## Mānuka Honey Face Mask

As we come out of Winter, our skin can be quite dehydrated from the natural environmental stressors. A Mānuka honey face mask has both humectant and emollient properties, thereby drawing moisture into the skin and adding in the moisturizing oils.

Using a face mask can give you the feeling of having a spa treatment in the comfort of your own home, promoting a sense of relaxation and well-being.

### Ingredients

- 1 Tbs Comvita UMF™ 10+ Mānuka honey
- 1 tsp of turmeric

### Method

1. Combine Mānuka honey and turmeric in a small bowl and apply to a clean, dry face with either your fingers or a brush.
2. Leave on for 10-15 mins.
3. Wash off with facecloth or in shower.
4. Moisturise afterwards





## Antioxidant Face Mask

Packed with the antioxidant benefits of UMF™ Mānuka honey, treating yourself with this DIY face mask a couple of times a week could help your skin fight free radicals that lead to the appearance of faster aging.

What's more, the natural moisturising power of Mānuka honey will leave your face feeling softer and looking brighter.

### Ingredients

- 1 Tbs (15mL) Comvita UMF™ 10+ Mānuka honey
- 2 Tbs (50mL) rolled oats
- 1 Tbs (15mL) live organic yogurt

### Method

1 Place the oats in a food processor and pulse until the oats are broken down into smaller pieces, but make sure they don't become too fine or powdery in texture.

- 2 Mix the ground oats together with the yoghurt and Comvita UMF™10+ Mānuka honey until the mixture is evenly combined and smooth in consistency.
- 3 Wash your face to ensure pores are free from dirt and natural skin oils that build up during the day.
- 4 Apply the mask and leave for 15 minutes before removing with lukewarm water.



**Top tip:** Make the mask just before you intend to use it to ensure it's as fresh as possible before lathering it on your face.





## CHAPTER 4



# DELIGHTS IN SIMPLICITY

Not everything needs to be an action, a task, or something to be commoditised. Sometimes the delight of the day can be in observing something, or just in stillness.



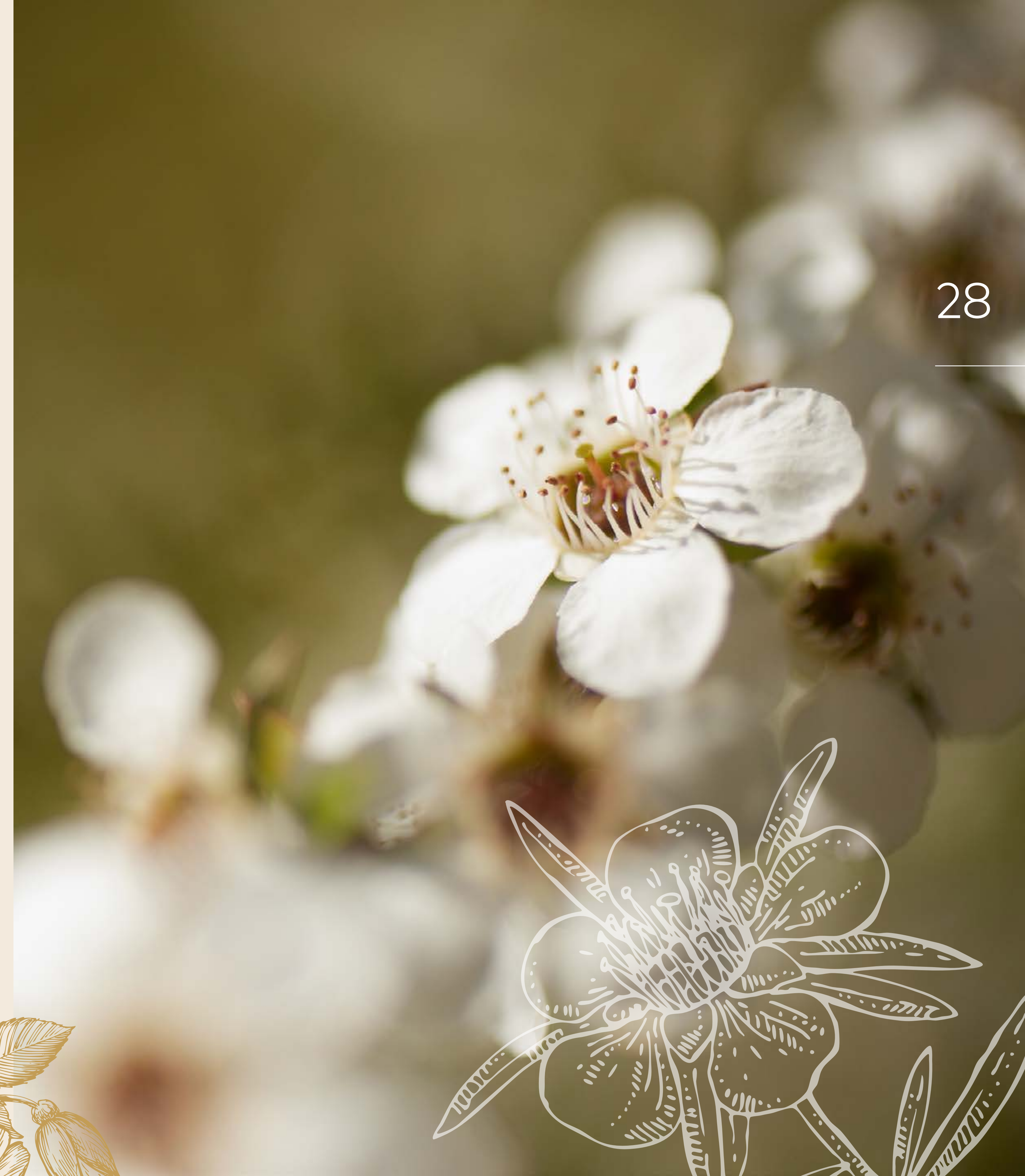
## Magic in the Mundane

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Magic in the mundane is about finding beauty, wonder, or a sense of enchantment in everyday, ordinary experiences or objects.

It is about perceiving and appreciating the extraordinary aspects of life that are often overlooked or taken for granted. By looking for magic in the mundane, we can start to cultivate a sense of curiosity, mindfulness, and a childlike wonder about the world around us.

It allows us to see that there is inherent beauty and awe in the simplest of things simply by paying attention and approach life with an open mind.





## Ways to start seeing Magic in the Mundane:

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- **Mindfulness:** Engaging in mindfulness practices allows us to be fully present in the moment and appreciate the small details that make up our daily lives. It involves paying attention to sensations, thoughts, and emotions without judgment.
- **Gratitude:** Cultivating a sense of gratitude helps us recognize and appreciate the ordinary things we often overlook, such as a beautiful sunset, a warm cup of coffee, or the sound of laughter. By practicing gratitude, we can find magic in the simple joys of life.
- **Creativity:** Embracing creativity allows us to see the world from different perspectives and find inspiration in everyday objects or situations. Artists often find ways to transform mundane elements into something extraordinary through their artwork.
- **Wonder and Curiosity:** Approaching the world with a sense of wonder and curiosity helps us explore and discover the hidden magic in the ordinary. It involves asking questions, seeking new experiences, and embracing a childlike sense of awe.

By recognizing and embracing the magic in the mundane, looking for things that delight us, we can cultivate a deeper appreciation for life's ordinary moments, enhancing our overall sense of happiness and fulfillment.







## The Delight of Stillness

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In the hustle culture of today's world, the thought of being still may feel impossible. However, there are benefits to be gained from stillness. You do not need to be in a mountain retreat to be still. Stillness, or the practice of being calm, quiet, and present in the moment, can bring about several benefits to our well-being and overall quality of life. Here are some benefits of embracing stillness:

- **Mental Clarity:** Stillness allows our minds to settle and quiet the constant stream of thoughts. It creates space for clarity and helps us gain a better understanding of our thoughts, emotions, and inner self. With a clearer mind, we can make better decisions and respond to challenges more effectively.
- **Reduced Stress and Anxiety:** Stillness promotes relaxation and helps alleviate stress and anxiety. By taking the time to pause, breathe, and be present, we can activate the body's relaxation response, which counteracts the physiological effects of stress and brings a sense of calmness and tranquility.





## The Delight of Stillness

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### CONTINUED

- **Improved Focus and Concentration:** Engaging in stillness practices, such as meditation or mindfulness, trains our minds to be more focused and present. Regular practice can enhance our ability to concentrate, improve productivity, and enhance overall mental performance.
- **Increased Self-Awareness:** Stillness provides an opportunity for self-reflection and introspection. By tuning into our thoughts, emotions, and sensations without judgment, we can develop a deeper understanding of ourselves, our values, and our desires. This self-awareness can lead to personal growth, better self-regulation, and improved relationships with others.
- **Enhanced Creativity:** Stillness creates a space for new ideas and inspiration to emerge. When our minds are calm and free from distractions, we can tap into our creative potential and access fresh insights and innovative thinking.



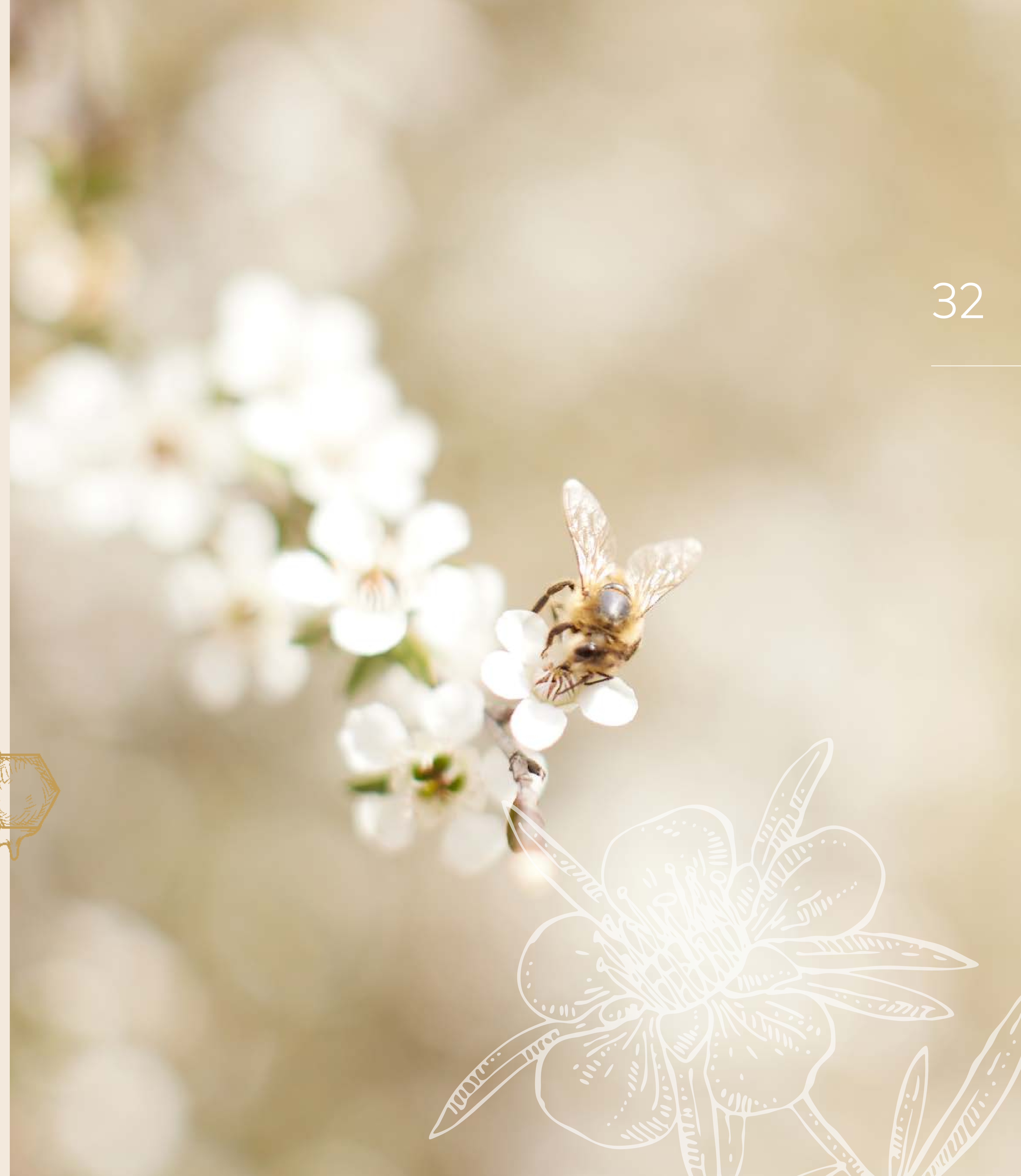
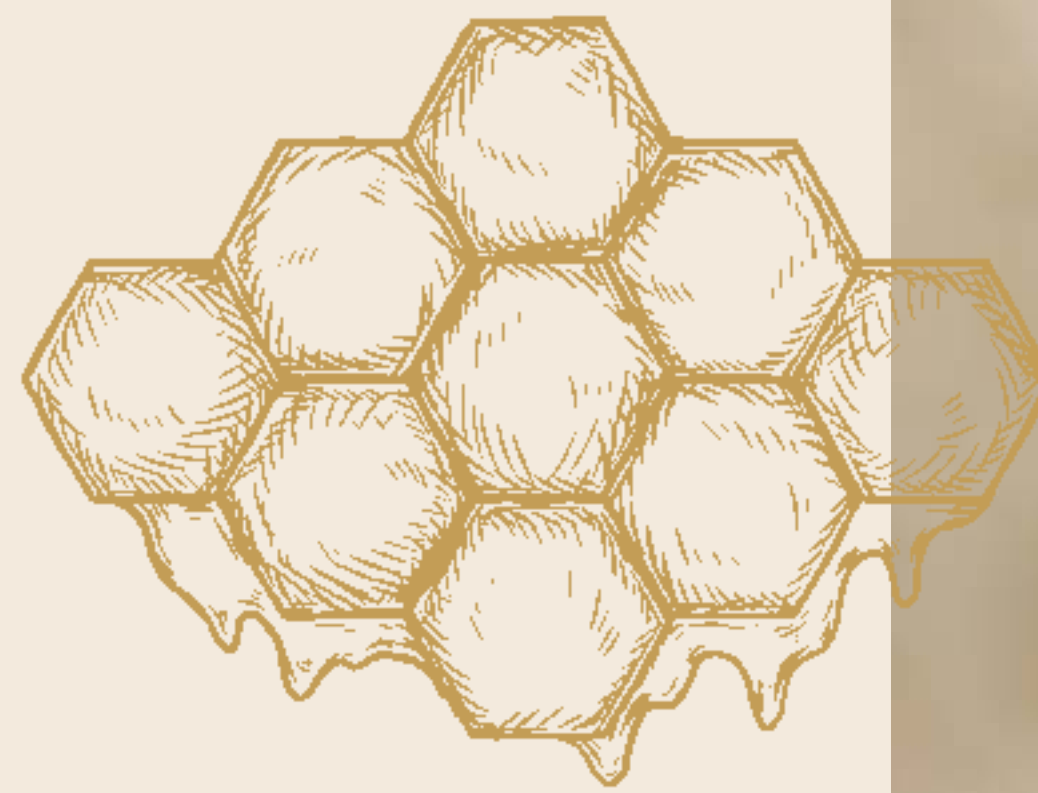


# The Delight of Stillness

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## CONTINUED

- **Rest and Restoration:** Stillness allows us to rest and recharge both physically and mentally. By intentionally slowing down and creating moments of stillness in our lives, we give ourselves the opportunity to replenish our energy, reduce fatigue, and promote overall well-being.
- **Improved Emotional Well-being:** Stillness can help regulate and balance our emotions. By observing and accepting our emotions without judgment during moments of stillness, we can cultivate emotional resilience, manage stressors more effectively, and experience greater emotional well-being.







## MĀNUKA MOMENTS



For more recipe ideas and to shop, visit [www.comvita.co.nz](http://www.comvita.co.nz)

Thanks to everyone who has been involved in bringing this eBook to life for our community!

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Before consuming any bee product or supplement, read the label and use only as directed.