

Mindfulness: Let's begin!




Simply put **Mindfulness** is about bringing your mind and awareness into the present moment with curiosity, openness and without judgement. You may have heard of Jon Kabat-Zinn a well-known teacher and Practitioner of mindfulness in the management of mental health. He describes mindfulness as "Paying attention in a particular way; on purpose in the present moment and non-judgementally" <http://www.actmindfully.com.au/mindfulness>

Through practice mindfulness can help you bring your mind into the present rather than worrying about the past and worrying what the future holds

The exercise below will assist you in understanding this practice of mindfulness:

Noticing 5 things:

This exercise will help to centre you and connect with your environment. Like with all new skills practice it throughout the day and regularly. Then you are familiar with the practice of mindfulness to be helpful when you find yourself getting caught up with your thoughts and feelings or the 'chatter' in your head is very busy.

- ✚ Pause for a moment
- ✚ Look around and notice 5 things you can see 
- ✚ Listen carefully and notice 5 things you can hear 
- ✚ Notice 5 things you can feel in contact with your body e.g. the air on your face, your watch against your wrist, your feet on the floor, your shirt against your skin, the chair on your back, sunlight! 

Practice twice a day and aim to increase the duration by 2-3 minutes every few days. Eventually 15-20 minutes at a time.

- ✚ *Any time spent is better than none at all!*