

MINDFULNESS

Calming | Body Awareness | Stress relief

Written methods

This can include journaling, being mindful and writing down marks when you get distracted.

Mindful colouring - choose something complex that takes your full attention. Use only 2-3 colours to help you have less decisions to make.

Observing

Considering sensations in the body, either passively or labelling them.

This could then be extended to labelling emotions as they come up.

Experiencing

Mindful walking

Eating or drinking with your full attention

Counting to 10 with each round of breath, start again when you get distracted and see if you can progress.



Benefits of Mindfulness

- Mindfulness can reduce stress by reducing cortisol (stress) hormone levels in the body.
- It helps you focus on the present reality; avoiding being distracted by past or future events
- Links us into our own mind and body so we are more aware when stress/anxiety creep in (and therefore, we can behave less reactively)
- It has been proven that there are changes in the brain after just 8 weeks mindfulness practice (30 minutes daily)
- It can also help to regulate emotions, increase focus and increase our resilience to stressful events.





Other ways to be mindful

pause before eating to assess senses

Pause for 10 breaths in your day. You could add a reminder alarm on your phone to help you remember.

Upon awaking, observe your body and any sensations for 5 mindful breaths

Queuing: use the time to observe the sensation of standing and breathing (the rise and fall of the breath)

Daily actives can become your mindfulness practice e.g. showering, brushing teeth, drinking tea, drying dishes etc.

Pause and fill in the blanks of this phrase:
“My mind feels.... my body feels...”

Creating a mindfulness meditation routine

Create a special place where you go to be mindful e.g. a particular chair, lying on your bed or somewhere else you find calming and relaxing.

At first it can help to experiment with times of day to see what works best. Once you've figured that out you can pencil in time/dates for your mindfulness practice. Be kind and don't judge yourself if you don't manage to set aside time every single day. Real life happens! Just get back into your routine as soon as you can.

It is important to remember that there is no right or wrong way to be mindful. It can be as simple as a few deep breaths to spending 20 minutes meditating. Another option if you enjoy being mindful with others is to consider joining a meditation group.

