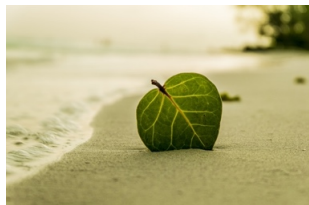


Mindfulness Practices for Relaxation and Being Present

Mindfulness refers to being acutely aware of what you are sensing and feeling in the present moment, without interpreting or judging it. Mindfulness involves breathing techniques, guided imagery, and other practices to reduce stress and relax the body and mind.



There are many simple ways to practice mindfulness. Some examples include:

- **Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all your senses — touch, sound, sight, smell and taste. For example, when you eat a favourite food, take the time to smell, taste and truly enjoy it.
- **Live in the moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- **Accept yourself.** Treat yourself the way you would treat a good friend.
- **Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

You can also try more structured mindfulness exercises, such as:

- **Pay attention.** In a fast-paced world, it is difficult to slow down and notice things. Experience your environment with all five senses - touch, sound, sight, smell, and taste. You should take the time to smell, taste, and truly enjoy your favourite food when you eat it.
- **Be present in the moment.** Every action you take should be approached with an open, accepting, and discerning attitude. Enjoy the simple pleasures in life.
- **Accept yourself as you are.** You should treat yourself as you would a close friend.
- **Keep your attention focused on your breathing.** Try to sit down, take a deep breath, and close your eyes when you are experiencing negative

thoughts. Pay attention to the movement of your breath as it enters and leaves your body. Even a minute of sitting and breathing can be beneficial.

In addition, you may wish to try more structured mindfulness exercises, such as:

- **Meditation using the body scan method.** Lie on your back with your legs extended and your arms at your sides, palms facing up. Concentrate your attention slowly and deliberately on each part of your body, from toe to head or head to toe. Keep an awareness of any sensations, emotions or thoughts associated with each part of your body.
- **Meditation while sitting.** You should sit comfortably with your back straight, your feet flat on the floor, and your hands on your lap. Concentrate on your breath moving in and out of your body as you breathe through your nose. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breathing.
- **Meditation while walking.** Start walking slowly in a quiet area of 10 to 20 feet in length. Concentrate on the experience of walking, noticing the sensations of standing and the subtle movements that maintain your balance. Upon reaching the end of your path, continue walking, paying attention to your sensations as you do so.

I highly recommend the TIDE APP. It is available on the play store or app download platform on apple. TIDE is a free app, which includes:

- Sleep and Nap with Sounds of Nature. Well-selected natural sounds are lullabies to make you sleep tight. Originate gentle-wake alarm to rouse you with love and charm.
- Relax Meditation - Puts a Pause for Your Brain. Professional meditations synthesize with casual life. A brain massage brings you a peaceful mind.
- Focus Timer- Starts an Immersive Concentration. Perfectly combine Pomodoro with natural sound. Create an immersive space for your efficient production.
- Daily Inspiring Quotes, Bring You the Power of Words. Poems and love are the meaning of life. Daily quotes inspire you with peace and quiet.

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