

## Mindfulness

- ❖ Mindfulness is about the ability to be in the present moment at any given time.
- ❖ Mindfulness is about being able to be aware of the present moment, grounded in what you can see, hear, touch, taste and smell, whilst at the same time being able to observe your thoughts, observing how you are thinking, feeling, the physical sensations in your body.
- ❖ Mindfulness is about observing the present moment without judgment. It is noticing with awareness.
- ❖ You can practice mindfulness *without meditating*. You can also practice mindfulness meditations.
- ❖ [What mindfulness isn't](#) – this little video from Dr Russ Harris explains some mindfulness myths.
- ❖ Why is mindfulness helpful?
  - Mindfulness helps us observe what is happening in any given moment which enables us to be more self-aware of ourselves and to choose how to respond (to thoughts, feelings, bodily sensations or situations)
  - Mindfulness can help us calm
  - Mindfulness helps us be more gentle and compassionate toward ourselves
  - Mindfulness enables you to be more present in your life and the people that are important to you
  - Mindfulness can help you notice when you are being hooked into thoughts of the past or the future and help you refocus on the present
  - Mindfulness can help you with managing anxiety, low mood, stress
- ❖ You can develop mindfulness for use in specific situations (e.g. mindful walking or mindful eating. You can also become mindful when washing up!)
- ❖ Try these two mindfulness exercises today:

Exercise 1: Take moment to tune into your senses. Look around you and notice something you can see, hear, touch, taste, and smell. Now gently notice what is happening in your mind. Imagine you are looking in, observing the thoughts as they pass. Are you thinking about this exercise? About something from the past or future? Are you thinking about how you are feeling? What do you notice? Now gently notice how you are feeling, how your body feels. Move your attention around. Bring it back to the external world and your senses, keeping an awareness on your thoughts as they float by. Notice where your attention gets pulled towards. No judgement. Just see if you can notice your thoughts, your feelings, your body, and then notice the world around you, that is happening right now.

Exercise 2: Take a mint, or a sweet, or a piece of chocolate. Look at it. Smell it. Feel it. Then place it, hold it in your mouth. Feel it on your tongue. Notice the sensations. The taste. The smell. The way it feels in your mouth. Notice any thoughts, feelings, any urges. The urge to eat or suck the food. Do this slowly. Notice the sensations as you do. Take your time. Just notice.