



MINDFULNESS

DO YOU FIND YOUR MIND IS RACING? CONSTANTLY SWITCHING BETWEEN IDEAS/THOUGHTS? MAYBE MINDFULNESS IS THE ANSWER FOR YOU?

Mindfulness means paying attention to the present moment. Practising mindfulness can help you to cope with everyday life and deal with tough times. Research has shown that mindfulness reduces stress and anxiety while assisting with concentration, relaxation and productivity.

The best way to decide if mindfulness is for you is to give it a crack! Here are some different ways you can practise mindfulness, tips for what to do if you're finding it hard, and ways you can incorporate mindfulness into your daily routine;

- **Focus only on the present moment;** While undertaking everyday activities try not to focus on past or future decisions/thoughts. Instead concentrate on the task and focus on what you can see, hear, smell, touch and taste.
- **Practice Mindful Breathing;** During times of high stress, a simple focus shift onto your breathe can help de-escalate the negative feelings. Focus on taking deep breathes and notice the sensations associated with them.
- **Be non-judgemental;** A very difficult thing to master but try not to label things as good or bad instead allow them to just be present.
- **Try Meditation;** Sit quietly and comfortably with your eyes closed and focus on your breath, or on a word or a phrase that you repeat quietly. If you find your mind is wandering, gently bring it back to the present moment. If you'd like some guidance you can use an app (such as Waking up, Headspace or Smiling Mind).



MINDFULNESS IS A SKILL THAT TAKES TIME TO DEVELOP AND LIKE MOST THINGS REQUIRES PRACTICE. BE PATIENT AND REMEMBER;

- Don't expect to be able to hold your focus for very long, especially when you're just getting started.
- It's completely normal for your thoughts to wander. Gently bring them back to the present.
- The more you practise mindfulness, the better you'll become at it.
- If you're struggling with a particular strategy, try a different one. Every person is different, and you may find some strategies easier than others.



PAUSE, BREATHE AND BE PRESENT FOR MORE INFORMATION CONTACT LOVE ME LOVE YOU