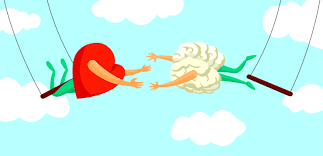


**Mindfulness**



Being a friend to yourself

**What is mindfulness?**

Mindfulness is about being in the **moment** and paying attention to **now**..

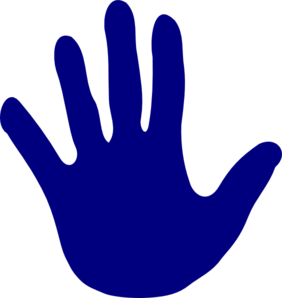
**How can we be in the moment?**

We can pay attention through our senses;

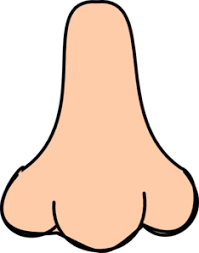
1. What we can see ...



2. What we can hear ...



3. What we can touch …

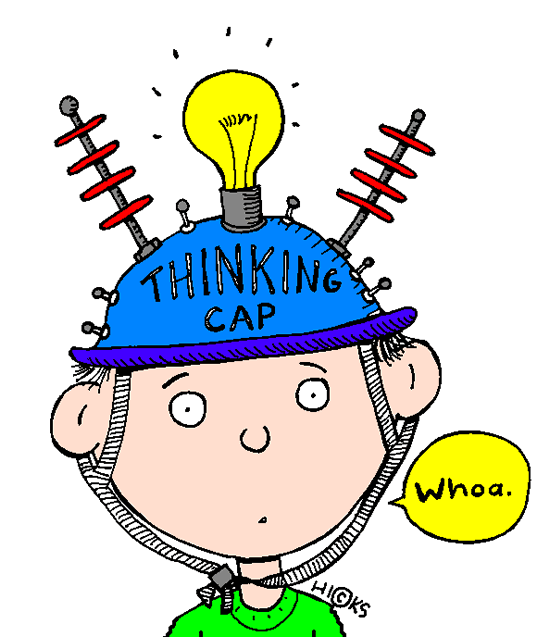


4. What we can smell …

**We can also …**

**Come back to focusing on our breath**





**Why should we be mindful?**

When we are not in the moment our mind is thinking

Our mind worries and asks questions or makes judgements …

‘Why did she do that?’ … ‘I did that badly’ … ‘Something bad is going to happen’

Being mindful or being ‘in the now’ gives our mind something to focus on.

It helps us stay calm and relaxed.

**Practise makes perfect**

When we practise something we get better at it!

Every time we are angry … we get better at being angry.

Every time we are anxious … we get better at being anxious.

When we are ‘in the moment’ we get better at enjoying life as it is now!!



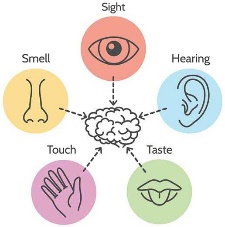
**See the signs** …

Notice when you start to …

|  |  |
| --- | --- |
| * feel tense | * clench your fists / jaw |
| * worry | * breathe short and shallow |
| * feel hopeless | * have negative thoughts |
| * have trouble concentrating | * have a fast heart rate |

**What to do …**

Techniques to help focus the mind and calm you down

* **Grounding**

- 5 things you can see

- 4 things you can hear

- 3 things you can touch

- 2 things you can smell

- 1 thing you can taste



* **Counting Your Breath**

- Sit up straight and take 2 deep breaths (in through the nose, out through

the mouth)

- Feel your stomach fill with air and feel it rise and fall like a balloon

- Count 10 pairs of in and out breaths

- Repeat - but with eyes shut

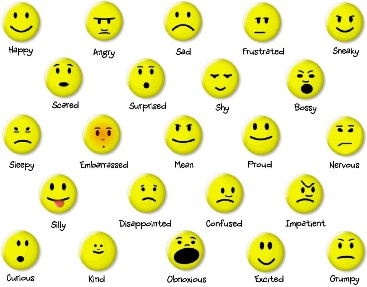
- As you breathe out, glide your index finger over the fingers of your other

hand.

- Continue the cycle until ready to finish

- Hands in lap - 10 breaths silently in your head

* **Explore Emotions**



- See how it makes you feel inside when you slowly read these words.

(Spend at least 10 seconds with each word)

- Happy Sad Excited Mad

Stressed Bored Loving Anxious Worried Scared

Jealous Quiet Silly Peaceful

* **Happy Memory**

- Close your eyes and remember a time when you felt happy.

 Maybe someone was kind to you. Perhaps you got a smile from a

friend or your pet was happy to see you.

- Remember a wonderful moment like that.

- Close your eyes and bring it to your mind.

- What did you see and hear? Did you laugh or smile? Who was

there?

- Notice how you feel when you remember the memory?

* **Body scan**

- Closing your eyes can be helpful to allow you to focus or, if you’d rather, you can always

lower and half-close your eyes.

- Bring awareness to the body breathing in and out, noticing touch and pressure where it

makes contact with the seat or floor.

- Throughout this practice, allow as much time as you need or want to experience and

investigate each area of the body.

- Think about the soles of your feet by pushing them softly against the ground for

a short moment.

- Pay attention to your feet, how they make contact with the ground and your shoes.

- How does it feel? Soft or hard?

- Can you feel your socks?

- How do your heels feel? Your toes? Can you feel the space between your toes?

- Move your toes a little bit and try again.

- Can you pay attention to them one by one?

- Are your feet are warm or cold.?

- Is there a tingling sensation somewhere?

- Can you feel the chair underneath you?

- How about your back resting against the chair?

- How do you feel?

- Can you think of any situations when this exercise could be useful?

- Are you more focused and more calm after the exercise?

* **Hand meditation**

- Sit up straight like you are a puppet with a string on the top of your head.

- Take a few deep breaths. In through the nose and out through the mouth.

- Start with eyes open and squeeze your hands together on the ‘in’ breath and

release all the tension on the ‘out’ breath.

- Repeat with eyes shut

