

What is Mindfulness?

Mindfulness is about

- Slowing down
- Paying attention moment to moment to moment
- Being in the 'now'
- Doing it all without judging our thoughts and experiences

Why bother?! - Does reduced stress, better focus and less feelings of anxiety and depression sound good to you? Good. Keep reading!

How to - Five minutes of mindful breathing

The goal of this activity is to create a feeling of calm, non-judging awareness, where you allow thoughts and feelings to come and go without getting caught up in them.

Set an alarm on your phone to go off in 5 minutes.

Sit comfortably (you want to be in a relaxed position, but not so relaxed that you fall asleep!), with your eyes closed.

Direct your attention to your breathing and just notice it...you don't have to do anything else!

When thoughts, feelings, physical sensations or external sounds occur, simply accept them. Let them come and go without judging or getting involved with them.

When you notice that your attention has drifted off and is becoming caught up in thoughts or feelings, simply bring your attention back to your breathing.

You'll probably get annoyed that you keep getting distracted, but REMEMBER you're not judging yourself or anything else that is happening! It's natural for thoughts to arise, and for your attention to follow them – that's what our brains do.

No matter how many times this happens, just keep bringing your attention back to your breathing. Keep going until the alarm goes off!! Good luck!!

Congratulations! You just did some Mindfulness!! Some people feel instantly calmer, for others it takes a while.

Practice makes perfect. If you're interested in learning more, why not sign up to the Headspace website (www.getsomeheadspace.com) where you'll find more activities to complete in your own time.