

# Mindfulness

- "paying attention in a particular way: on purpose, in the present moment, and non-judgementally" (Kabat-zinn, 1994)

# Mindfulness – What is it?

- "paying attention in a particular way: on purpose, in the present moment, and non-judgementally" (Kabat-zinn, 1994)

This means that:

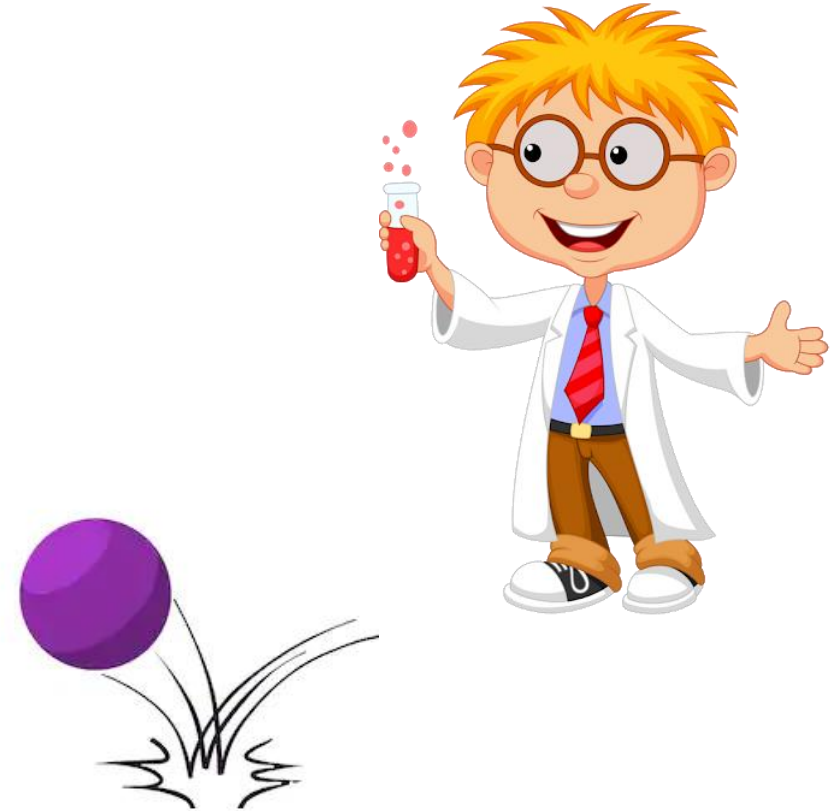
- You will **make an effort** not think about the past or what we are going to do in the future
- You will direct your attention and **be in control**
- You will **accept feelings** and thoughts that you may have, whatever they may be

# Mindfulness – Why should we practice it?

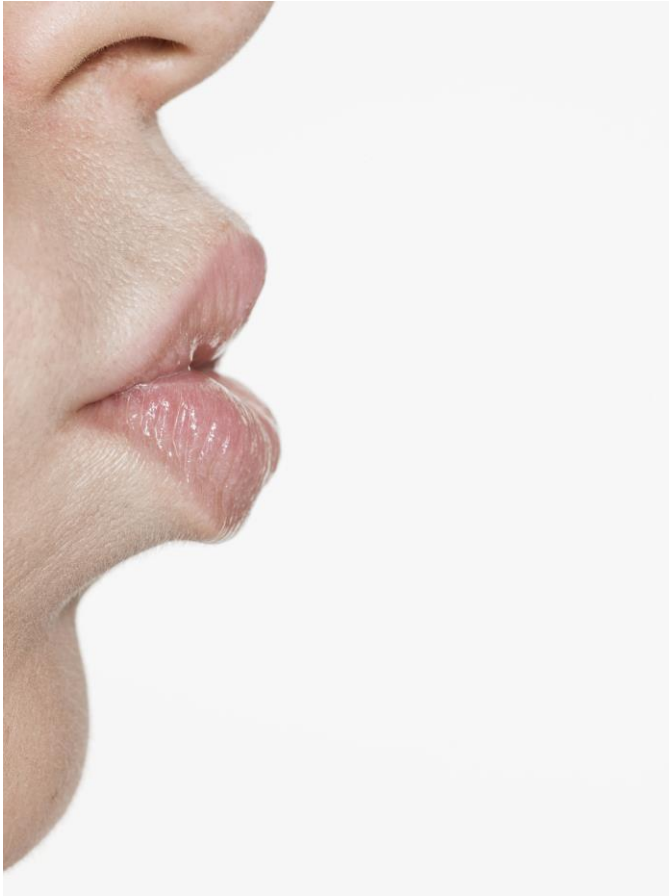
What many people don't know is that there are benefits to practicing mindfulness. These benefits are backed by science!

They include:

- Feeling less stress
- Being more resilient (you are able to bounce back when things get difficult)
- Concentration improves



# Mindfulness – A Short Activity



“Breathe in through your nose to the count of four and out through your mouth to the count of eight. When you breathe out, purse your lips and blow gently like you are blowing a bubble. This will help you slow down the exhale.

Don't worry if your nose is stuffy, just breathe in and out through your mouth instead.

Inhale through your nose: 1-2-3-4.

Exhale through your mouth with lips pursed, blowing gently, like blowing a bubble: 1-2-3-4-5-6-7-8.”

Repeat 3–4 times.

# Mindfulness – Take Away Points

- If you found it difficult to stop and focus just on your breathing, don't worry as this is completely normal.
- With any skill, the more you practice, the better you will become.
- Practice the mindfulness in your everyday life by repeating the breathing exercise you have just completed.
- Remember, breathe in for 4 and out for 8

