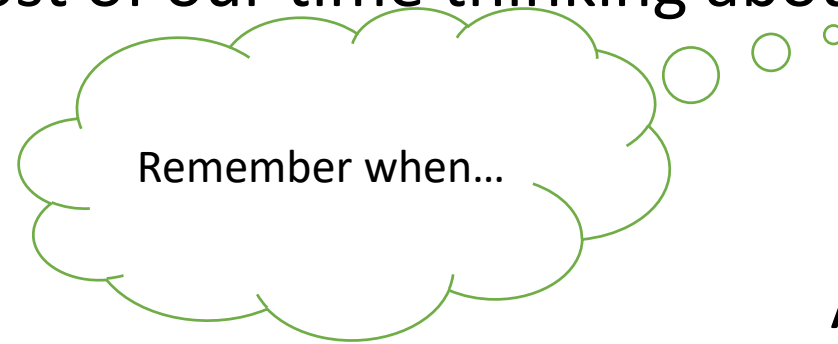


Mindfulness

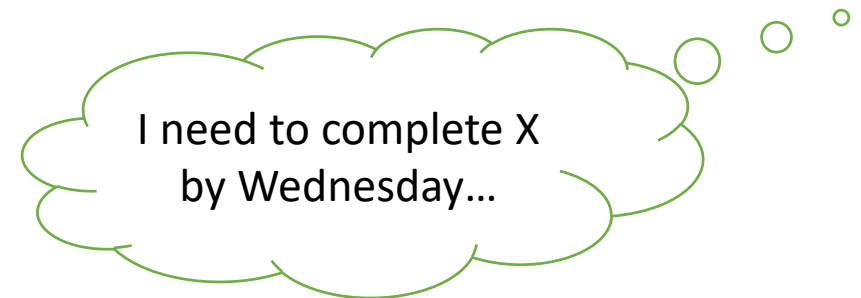
- "paying attention in a particular way: on purpose, in the present moment, and non-judgementally" (Kabat-zinn, 1994)

Mindfulness – The Present Moment

We spend most of our time thinking about **the past**



And thinking about **the future**



But it's important to take time out and think about what's going on right now, **the present moment.**

Mindfulness – The Present Moment

- Thinking about the present moment means how you are feeling and what is going on right now.
- When you do this you are gaining control over your own thoughts.
- This can be really useful, as over time you can start to change negative thoughts into positive ones and feel better.



Mindfulness – A Short Activity

Pay attention to the thoughts that may be entering your mind right now. What are they?

Accept these thoughts as they are.

Do they belong in the past, present or future?

How are you feeling right now?

Think about this feeling. If you could describe this feeling as being like the weather, what would the weather be?

Can you feel where this feeling is coming from in your body?

Simply accept the way you are feeling.

Mindfulness – Take Away Points

- It is normal to think about the past and the future.
- When you do bring yourself back to the present moment, congratulate yourself on being able to do this.
- Practice recognising how you are feeling whenever the thought enters your mind. Label the feeling and accept it.

