

Mindfulness

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

Mindfulness – Self-Awareness

-Practicing mindfulness increases self-awareness

-As you become more skilled in your practice, you will get to know yourself a little more. You will figure out who you are.

-Increasing self-awareness strengthens a structure in the brain called the insula.

-The insula also allows us to empathise. This means that we will become better at understanding how other people feel and what they are thinking.



Mindfulness – A Short Activity

Start this activity by paying attention to your breathing.

Notice yourself breathing in...

...and notice yourself breathing out

Now think about how you are feeling right now

But instead of thinking 'I am confused' or 'I am happy' for example, I want you to say 'there is confusion' or 'there is happiness'

Simply observe the emotion as something entirely separate from yourself.

Now ask yourself, 'who am I?' and simply notice the response.

Ask yourself the same question, 'who am I?' and again notice the response.

Change the question. Ask yourself 'what am I?'

As you ask yourself these questions, observe each response.

Mindfulness – Take Away Points

- Wherever possible, try to notice and observe how you are feeling.
- Understand that your feelings will change. Each feeling will come and go.
- Recognising your feelings will help you to respond to them.

