

Mindfulness

Have you ever consciously noticed the things around you, or how you talk to others and yourself? Or do you run every day on autopilot, not really knowing what you're seeing, touching, smelling, tasting, saying, hearing? Maybe you worry about the future and spend time kicking yourself over past mistakes?

Do you know anything about Mindfulness and Mindfulness Meditation?



Mindfulness is a psychological modality and is fast growing within our Western society because it is so effective.

Mindfulness is the basic human ability to be fully present, of being aware of what we are doing, without reacting to, judging or becoming overwhelmed by what is going on around us. Mindfulness is therefore about being fully present in the here and now. In the here and now you have the opportunity to just focus on the task at hand, not delving into all the possible outcomes that may or may not happen.

However, it is also important to understand that our minds easily *do* drift into the past or into the future and when we are feeling stressed we are not fully in the present moment. We worry about possible future events or consequences such as what 'if I don't get the grades' or 'what if I can't complete this assignment' or reminding ourselves of past failures and disappointments and deciding we are not good enough.

Here is another example of non-mindful behaviour or of not been in the here and now

Have you ever driven or walked someplace, arrived at the destination, only to realise you can't remember how you got there!?! This is a clear indication that you've been in your thoughts, reliving a story of something that has happened to you or creating a story of something that may happen to you in the future. You've been thinking over past or possible future situations.

Make sense?

OK, so here is an example of being mindful –

You're in the shower, you notice the water hitting the body and moving its way to the floor or you notice the feeling of your hands against your head whilst washing your hair. Maybe you can feel your feet against the shower floor. You even notice what you're thinking about, are you worrying about something or kicking yourself for something you should or shouldn't have done? ... Simply notice that sensation and let it go.

Learning how to be mindful and what tools and techniques you can bring into your life will really help to reduce your stress levels and increase your productivity. The course material delivered in this package will give you lots of mindfulness tools and techniques to help you to stay in the here and now, taking away stress so that we feel more guided, motivated, resilient and action driven.

Try this Mindful Meditation Exercise

Mindfulness meditation is a great exercise to realign the mind and body and to reduce your stress. It is perfect to use anytime, anywhere.

Find a time in your day where you can give yourself 5 - 10 minutes. Set your timer and then practice this exercise below –

Start by becoming aware of your breathing – breathe in and breathe out 10 times in your own natural rhythm.

Now find your feet, and bring your attention to the sensations of the feet making contact with the ground.

Now focus on:

What sounds can you hear around you?

What can you see nearby?

What can you feel? Can you feel your bum/bottom on the seat or your hands on the steering wheel?

What can you smell?