

Skill Spotlight 1 - Mindfulness

Mindfulness is more than breathing

Mindfulness is about maintaining a present moment-by-moment awareness of our thoughts, feelings, sensations, and environment, without judgement. Mindfulness has been linked to positive outcomes like better mental health.

Here are a few simple and quick mindfulness exercises that you can do as you go about your day. You don't need to be sitting in silence, or in a particular position to do these mindful activities. You can do them while waiting in a queue, preparing meals, sitting at your desk at work; or just about anywhere. This skill spotlight covers three simple techniques to being more in tune with your body and your mind.

Scan your body

Body scans are a way for us to pay **mindful attention** to all parts of our body and notice how we feel in the moment. You can do this activity wherever you are standing, sitting or lying down.



Starting from your feet, notice the way they **feel**. Are they touching the ground? Feel the points of contact and pressure that your feet create.

Allow your attention to move upwards to focus on your legs and observe the **sensation** in your legs.



Bring your **awareness** up higher in your body, to your stomach, your chest, and your back. Pay attention to how each part of your body feels.



Notice how your shoulders feel, and notice the sensations in your neck, head, and face. If you notice your **thoughts** wandering, bring your awareness back to your body scan.



Lastly, notice your **breath** as you breathe in and out.



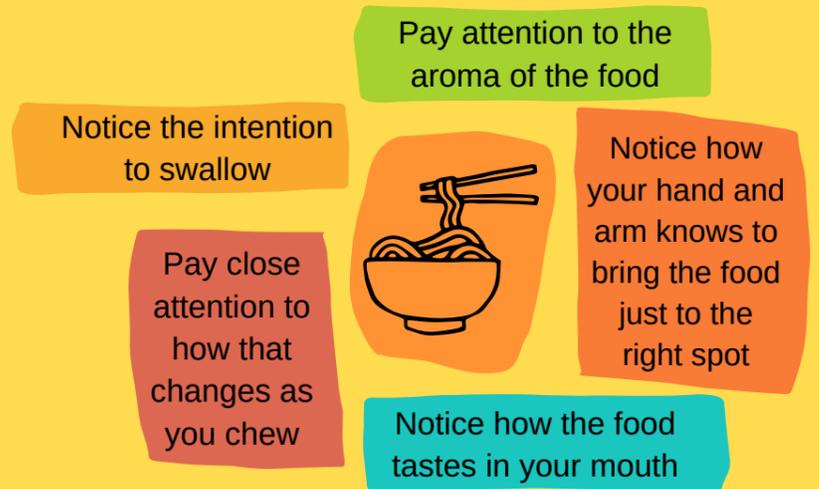
Once you have scanned from your toes to the tip of your head, take a **moment** to notice any differences in how you feel in your body.



Everyday mindfulness

Try activities that you do in your everyday life, but do them 'mindfully'. This means to focus on the activity and the sensations, moment to moment, as you do them.

Let's try mindful eating...

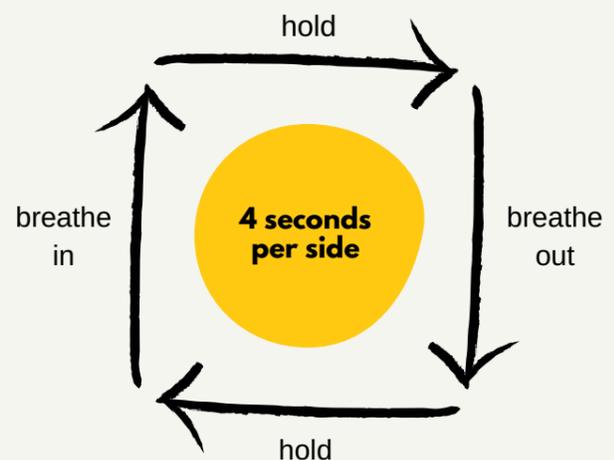


You can do this with lots of different activities in your everyday life, try these!



Mindful slow breathing

This exercise is something you are already great at - breathing. The aim is to slow and regulate your breathing through **square breathing**. Each side of the square should take four seconds.



Notice the sensations in your chest, stomach, and nostrils as you breathe.