

USEFUL FOR:

Understanding what it means to be mindful and learning to take control of your worries.



MIND FULL OR MINDFUL?

When you're mindful, you're **paying attention to the moment**, and not thinking about the past or worrying about the future.

But what is mindfulness?

Mindfulness is a special way of paying attention. It can help you cope with everyday life or deal with tough times. Plus, being mindful can have huge benefits to your physical and mental health!



Why is it helpful?

Mindfulness helps you appreciate and enjoy the moment. Being mindful can help you:



Clear your head.



To be less angry or moody.



Slow your thoughts.



Improve your sleep and memory.



Concentrate.



Relieve stress and relax.

How to start?

- › **Savouring.** Take the time to enjoy and appreciate an activity you're doing. Pay close attention to the details: the smells, tastes, sights, sounds and things you can feel.
- › **Mindful breathing.** Focus on your breathing. Pay attention to what breathing feels like. What happens to different parts of your body? What does your breathing sound like? Don't worry if your mind wanders off, just bring your attention back to your breathing when you can.
- › **Mental photography.** Try taking mental photos of things you find interesting. You can take a mental photo by thinking about what details you would like to capture.
- › **Look at the world through a new lens.** Imagine you are seeing everything for the first time. What does it look like? Pay attention to little things that you wouldn't normally notice.
- › **Progressive muscle relaxation.** This is a type of relaxation training. Focus on tensing and relaxing different parts of your body.

To wrap up

- › Mindfulness is a special way of paying attention.
- › Mindfulness helps you appreciate and enjoy the moment.
- › You can increase your mindfulness in everyday life through activities like meditation and yoga, or by paying more attention during regular activities like walking and driving. You can even be mindful while doing something as basic as brushing your teeth.