

MINDFULNESS

What is mindfulness?

Mindfulness, also known as mindful awareness, is a state of present-moment attention where you can pay particular notice to what is going on in your mind and body. You can learn to become more aware of your thoughts, physical sensations, emotions and events at the moment they occur without reacting in an automatic or habitual way. For example – do you find yourself automatically responding to stress or pain in a particular and repetitive way?

Mindful awareness means you can make choices as to how you respond to things even when experiencing difficult circumstances.

Mindfulness exercise/practice.

Make yourself comfortable – it may be sitting in a chair or lying down (but try not to fall asleep when first practicing the technique).

Allow your body weight to settle down.

Close your eyes.

Now on your next breath breathe in deeply and steadily through your nose, and breathe out slowly and calmly through your mouth.

Continue this breathing and be aware of the feelings this brings. Breathe in deeply and steadily through your nose, and breathe out slowly and calmly through your mouth

Notice how the body moves - with the chest expanding and relaxing, your tummy rising and falling (you may want to put your hand on your chest or tummy to feel these movements).

Allow your breathing to continue deeply and naturally.

Now allow the breaths to find their own natural rhythm. If your mind wanders then simply bring it back to your breathing focus and continue with your breathing awareness...

If you become distracted by a sound just acknowledge it, don't react to it and bring your mind back to your breathing.

Simply allow yourself to breathe now at your own natural pace and be aware of the sensations this brings into your body and mind. Perhaps notice the breath as it passes over the small hairs in your nose...the warmth as it enters your lungs...

Continue with your breathing...

As a breath leaves your body notice how this feels...perhaps an emptying of your lungs as the breath passes out through your mouth...

If your mind wanders then simply bring it back.

Continue with your breathing awareness at a natural pace.

Enjoy this feeling of being at one with your breathing and how your mind and body are responding.

If you become distracted by a sound just acknowledge it, don't react to it and bring your mind back to your breathing awareness.

Slowly bring your mind and body back into your awareness....allow yourself to come back to the here and now....open your eyes and take a moment to readjust and focus before rising.