

How to practise Mindfulness

There are lots of different ways to practise mindfulness and it is something that may take time to achieve, particularly if life has been chaotic for you. Be patient!

Below are some simple steps to start you being 'mindful':

- Find somewhere quiet to sit and focus your mind on the present moment. Don't think of other things.
- Be aware of your present thoughts but don't focus on them.
- Be open to what thoughts come up without judging the thoughts.
- Allow yourself to let go of these thoughts.
- Focus on your breathing (slow deep inhalations and exhalations).
- If you get distracted, go back to focusing on your breathing.
- Practise focusing on nothing.
- Be aware of the present moment – how your body is feeling, your emotions, any sensations.
- Recognise things around you for which you are grateful.



TIP

An easy breathing exercise to start relaxing

Slowly breathe in – counting to four. Hold your breath for two counts. Slowly breathe out – counting to four. Hold your breath for two counts. Keep repeating this until you feel yourself relaxing.

