Mindfulness

Every moment there is an opportunity to be present, notice, be in the now! We can call it lots of different things but generally what we are talking about is paying attention or connecting with what we are doing. In this way we can increase our awareness and get more out of life.

Mindfulness is “paying attention in a particular way: on purpose, in the present moment and non-judgementally” (Kabat-Zinn, 1990).

Applying mindfulness principles

You can apply mindfulness to many aspects of your life. Here is a list of activities that you may try. Pick 3 activities to try over the next week:

- Pay attention to your breathing, nothing else, just breathing in and out.
- Notice sounds around you. What can you hear right now?
- Notice what you can feel, e.g. the feeling of your clothes, air on your skin, etc
- Really listen to your friend or whoever you are talking to!
- Hear the music or radio or TV and really connect with the words.
- Taste your food. What are the flavours? Smells? Colours? Textures?
- Read slowly and try to focus. If your mind wanders, slowly return your attention
- Pay attention whilst you brush your teeth or shave or have a shower.
- Walk with purpose and notice your body and surroundings
- Pay attention when you drive. Take your mind away from impatient/angry thoughts
- Take your mind away from your concerns by focusing on your house chores