

# And breathe...

**In life we can often find ourselves in situations that we are unable to change - that might feel quite familiar at this time! Despite not being able to change certain situations there is a technique we can try that helps change our experience of them. This often leaves us feeling calmer, and better able to deal with the moments in our lives.**

If mindfulness is a brand-new term for you then that's okay! This short description may be helpful:

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing - not over-reacting or becoming overwhelmed by what's going on around us. Leading expert Jon Kabat-Zinn describes it as "awareness that arises through paying attention, on purpose, in the present moment, non-judgementally."

On the back of this card there is a mindful exercise you can try. It can take anything from 1 minute to 10 minutes, or longer if you'd like.

**Why not give it a try?**



# How to Practice Mindfulness



## **Take a seat.**

Find a place to sit that feels calm and quiet to you.



## **Set a time limit.**

If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.



## **Notice your body.**

You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.



## **Feel your breath.**

Close your eyes and follow the sensation of your breath as it goes out and as it goes in.



## **Notice when your mind has wandered.**

When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.



## **Be kind to your wandering mind.**

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.