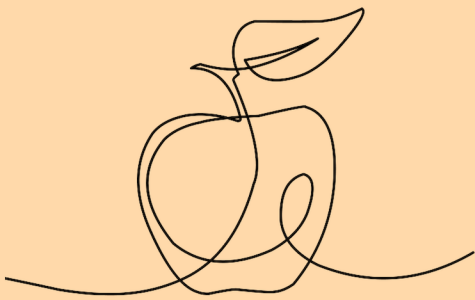




Mindfulness is a practice where you are able to be in the present moment and not get stuck on thoughts or feelings that might be happening in your mind. It is called a practice as it is something you should practice everyday and it gets easier over time, however it is not a skill to be ticked off as it is a continual process of improvement.

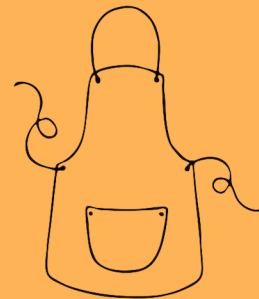
These techniques can each be done in under 5 minutes and the more times you do it, the more practiced you get. After each 5 minutes reflect on how you felt before or after and any positive changes you have noticed since starting your practice.

mindful eating



1. at snack time, slow down
2. pick up the snack and examine it, what do you notice, colours shapes, textures
3. smell the snack, what does it smell like? notice any memories this brings up and return to the exercise
4. take a small bite, what flavour, texture do you notice? chew slowly, how does it feel in your mouth? repeat this process until the snack is finished (or 5 minutes is up)

mindful chores



1. choose a repetitive weekly chore such as the dishes, ironing, lawn mowing or vacuuming
2. set a timer for 5 minutes
3. during this time just focus your mind on what you are doing and go slow. What your movements look and feel like, what patterns you see, what bodily sensations do you feel (e.g. the water on your hands),

mindful walking



1. set the timer for 5 minutes and start your walk (without distractions).
2. walk slowly and with intention
3. take notice of how your body feels e.g. your body posture, how do your feet feel when they touch the ground, how do your muscles contract and expand with each movement, what is happening with your breath and heart rate?
4. do not judge or correct, just note and observe

mindful listening



1. if you want some additional help or support jump onto YouTube, spotify or the web and search for a 5 minute guided meditation for mindfulness
2. follow along and complete the activity noting how you feel before and after
3. i suggest saving a list of favourites and listening to them at key transition times e.g. before starting work or collecting the kids or before bed
4. as you get better, increase the number of sessions per day or the duration

As you do this, your mind will wander to other topics, this is normal. Simply notice this change, acknowledge it without judgement and then return to the exercise. The more practiced you become the less often this will occur. Remember it is normal, you aren't doing anything wrong.