



Mindfulness

Focus on strengthening your Self-Regulation

+ Definition



Mindfulness is often defined as "the state of being attentive to and aware of what is taking place in the present". Two critical elements of mindfulness are that:

- It is **intentional** (i.e. we are consciously doing it); and
- We are **accepting**, rather than judging, of what we notice.

+ Benefits!



- Physical and mental well-being
- Relationships
- Performance at school and at work
- Memory and cognitive flexibility;
- Attention and ability to concentrate;
- Learning ability and academic performance in school children; and
- Various aspects of creative thinking and creativity.

+ Observing mindfully

This is about simply trying to increase what we're aware of and our consciousness of what is around us. It only takes a few extra minutes.

- As you enter your house or school, be aware of your sensations and feelings as you enter.
- Each time you step outside look up at the sky and see the sky and the clouds or the stars, notice the feeling of the air or the warmth of the sun or sensation of the wind.
- Each day notice an object of wonder or beauty.
- When you are doing something enjoyable such as petting your dog or cat, or sitting down for a moment of peace, be really present.

+ Let's Try It!



+ Eating mindfully

- Lets Try it!
- Start by really looking at what you are about to eat.
- What colors can you see in it?
- What does the texture look like?
- What is the shape like?



+ Then pick it up.

- How does it feel in your hands?
- What does the shape and texture feel like?
- Is it the same all over?
- Can you smell it?



+ Open the wrapper slowly.

- Notice the sound, smell and feel as you do.
- What colors and texture do you now see?



+ Take a small bite - but don't chew!

- What is the texture?
- What can you already taste?
- If you move it around your mouth does this change?



+ Then start to eat.

- Feel the texture and notice all the flavors as you chew the food slowly.
- Do not think about the next mouthful until you have swallowed the one before.



+ Meditation



- Don't try to clear your mind... it never works
- Acknowledge your thoughts and let them pass
- Try your hardest (stretch your strength!)

- TRY IT: www.getsomeheadspace.com/tools

- Reference: <http://www.actionforhappiness.org/take-action/bring-mindfulness-into-your-day>