



# Be Mindful for your Mental Health

In today's busy world, we often feel stressed, overwhelmed, and distracted. Mindfulness is a way to find balance and calmness.

Mindfulness is the practice of bringing our attention to the present moment with a non-judgmental and accepting attitude. It involves being fully engaged in the experience without getting caught up in thoughts about the past or worries about the future.

## Benefits of Mindfulness

Regular mindfulness practice can lead to stress reduction, improved mental health, and overall wellbeing. Here are some more benefits:



### Savouring each experience

Mindfulness helps us to fully engage with our experiences and savour the simple joys of life. This helps us to find greater meaning, openness, and curiosity towards our experiences.



### Improved focus and concentration

Regular mindfulness practice helps to train our minds to stay present and resist distractions, leading to increased productivity.



### Enhanced self-awareness

By paying attention to our thoughts, emotions and bodily sensations without judgment, mindfulness helps us to recognize our own patterns, triggers, and habits.



### Increased Emotional Resilience

Mindfulness helps to build non-judgmental awareness of our thoughts and feelings, which helps to respond more calmly in challenging situations.



### Better relationships with others

Mindfulness promotes active listening, empathy and compassion. Being fully present with others helps develop deep connections, leading to more satisfying and authentic relationships.



# Mindfulness Exercises

Integrating mindfulness into daily life doesn't have to be complicated. Here are some practical strategies and easy activities to make mindfulness a part of your daily routine:



## Mindful Breathing Exercises

Take slow, deep breaths, focusing on the sensation of the breath entering and leaving your body. This helps calm the mind and cultivate present-moment awareness.



## Body Scan Technique

Start from the top of your head and gradually move down, noticing any sensations, tension, or areas of relaxation. This practice helps you connect with your physical sensations and promotes relaxation.



## Sensory Awareness

Engage your senses fully in the present moment. Notice the sights, sounds, smells, tastes, and textures around you. You can incorporate this into any daily task, like eating or walking.

## Reminder:

Practicing mindfulness is not about perfection! It's about cultivating an attitude of **self-compassion** and **non-judgment**.

Be kind to yourself, and allow your thoughts and emotions to come and go without labeling them as good or bad.



# Useful Mindfulness Tips

Staying consistent with mindfulness practice needs commitment and adaptability.

Here are some practical tips to help you:



## Start small, then grow.

At various points in the day, take a few deep breaths, pause, and bring your attention to the present moment. These breaks can help you reset and focus, and help to build a habit!



## Set realistic routines

Consistency matters more than duration. Set up a routine that works for you. Choose a specific time of day that you can dedicate to mindfulness, and try to stick to it as much as possible.



## Find Support

Connect with others who are interested in mindfulness to get support, inspiration, and accountability on your journey. Join a mindfulness group or attend mindfulness workshops or classes



## Use technology (wisely!)

Explore mindfulness apps or guided meditation resources. You can even simply use your phone to set reminders for you to make sure you never miss out on your daily mindfulness routine!



## Be Adaptable

Remain flexible. Try different methods and see what works for you. If your routine is disrupted find different ways to incorporate mindfulness into your day.

## Dealing with racing thoughts

It's common to have thoughts racing through your mind when you're practicing mindfulness. Don't worry, it happens to everyone! The key is to simply notice them and gently bring your attention back to the present moment. With practice, you'll become better at unhooking from racing thoughts and staying focused on the present.



# Mindfulness Bingo

There are many ways you can bring more mindfulness into your daily life. Here are some ideas!

1 <b>Eat your meal mindfully</b>	2 <b>Take a 5 - minute mindful walk</b>	3 <b>Pay attention to the sensations of giving a smile</b>	4 <b>Listen to a song mindfully</b>
5 <b>Close your eyes and listen to all sounds for 2 min</b>	6 <b>5-minute mindful hand or foot rub with lotion</b>	7 <b>Wash or rinse your dishes mindfully</b>	8 <b>Massage your face, neck and ears mindfully</b>
9 <b>Notice the beauty around you</b>	10 <b>Wrap up your day with a calming meditation</b>	11 <b>Scan up and down your body and note how it feels</b>	12 <b>Spend some time writing down how you feel</b>
13 <b>Try practice in a queue, traffic, or any waiting time</b>	14 <b>Take two mindful sips of any beverage</b>	15 <b>Download and try a mindfulness application</b>	16 <b>Do some mindful colouring or doodling</b>
17 <b>Take a mindful shower</b>	18 <b>Start your day with a mindful breath</b>	19 <b>Get into bed mindfully</b>	20 <b>Pick a space and spend some time de-cluttering</b>
21 <b>In a sleeveless shirt, pay attention to air on your skin</b>	22 <b>Soak in a warm bath mindfully</b>	23 <b>Watch your thoughts come and go for 5 minutes</b>	24 <b>Do 10 jumping jacks and pay attention to the sensations</b>
25 <b>Brush your teeth mindfully</b>	26 <b>Notice the sense of positive emotion in your body</b>	27 <b>Notice the sense of negative emotion in your body</b>	28 <b>Repeat your favourite ideas!</b>