

The ABC of Mindfulness

A: Awareness

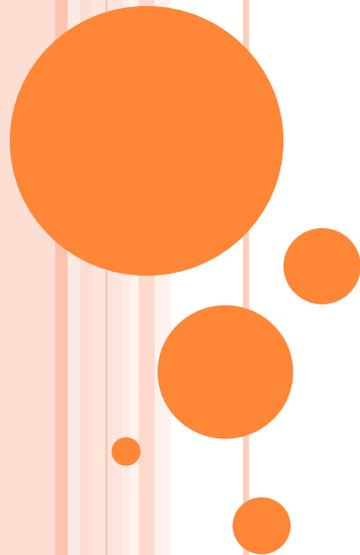
Pause. Become more aware of what you are feeling, thinking and doing. Develop a sense of what is going on in your mind and body.

B: Breathe and Be with it

Rather than reacting to an uncomfortable thought, feeling or body sensation, stay with it. Be with it. Breathe into it. Let your breath be an anchor for your attention. By not reacting to it, we aren't feeding the problem.

C: Choose

By taking a step back, giving a situation time and space, we learn to make calmer, wiser choices. This prevents knee jerk reactions and enables us to be more rational.



THREE MINUTE BREATHING SPACE - STOPPING AUTOMATIC-PILOT

1. Awareness.

Register what you are experiencing even if its unwanted or painful.

- What are you experiencing right now?
 - ... in your thoughts?
 - ... in your feelings?
 - ... in your body?

2. Gathering

Gently redirect all your attention on your breathing, your in-breath and your out-breath. Your breath is an anchor that brings you into the present.

3. Expanding

Allow your awareness to expand around your breathing so that it includes your whole body and how it feels.



SOBER BREATHING SPACE

- **STOP:** Stop yourself in the moment to step out of automatic pilot
- **OBSERVE:** What is happening in your body, your thoughts, emotions. Experience them without judgement
- **BREATH:** Allow your attention to settle fully on the breath
- **EXPAND:** Expand your awareness to include the rest of the body and the situation
- **RESPOND:** Respond appropriately and mindfully, rather than react.



○ Everyday Mindfulness

Remember to practice mindfulness throughout your day.

Follow these five steps to help you:

1. Where possible do just one thing at a time.
2. Pay full attention to what you are doing.
3. When your mind wanders just bring it back to what you are doing.
4. Keep bringing it back, a million times if you need to.
5. Investigate your distractions. What is it that keeps making you distracted?



BREATH AWARENESS

A couple of times a day, stop for a few minutes.

- Sit quietly
- Place a hand on your belly
- Slowly and gently follow your breath.
- Feel the rise and fall of your hand.
- Pay attention to your breath.



A MINDFUL ACTIVITY

Bring more mindfulness to your day by doing being conscious of doing one activity 'mindfully'.

You could try:

- Drinking a cup of tea or coffee
- Eating a piece of fruit
- Making toast
- Showering
- Brushing you teeth
- Walking from your car into work



Mindfulness of the Breath – 10-30 minutes

1. Sit comfortably
2. Keep your spine straight and let your shoulders drop
3. Close your eyes if you want to
4. Bring your attention to your belly, feeling it rise or expand gently as you inhale and exhale
5. Let your attention follow each in-breath and each out-breath
6. Every time your mind has wandered off the breath, gently bring your attention back to your belly, your chest, the air moving at the end of your nose etc.
7. If your mind wanders away from your breath, your 'job' is to simply bring it back to the breath, every time.



MINDFULNESS IS: INNCA

- Intentional
- Now: Moment by moment awareness
- Non-judgemental
- Compassionate
- Appropriate



MINDFUL APPRECIATION

- Notice 5 things in your day that you don't usually appreciate.
- They can be objects, places, people.
- Really notice them and give time and thanks for them.



MINDFUL NATURAL OBSERVATION

- This exercise connects us back with the natural environment which is often missed when we are rushing around with lots on our minds.
- Choose a natural object in your immediate environment e.g. insect, flower, cloud, moon etc.
- Watch it, notice it, fully observe it for a minute or two. Visually explore every aspect of it's formation.

