

Wellbeing Tip of the Week

Mindful or Mind-full? (Part 1)



Do you ever feel like you're running on autopilot and life is passing you by? Taking a moment to stop and absorb what's happening around you has been shown to improve our mental wellbeing. This is known as being mindful.

Mindfulness is: (i) observing our surroundings and the senses we're experiencing in that moment, (ii) noticing our thoughts and (iii) connecting with our emotions.

Research shows that being mindful can increase our enjoyment of the world, help us to understand our thoughts and feelings better, can reduce the risk of psychological illness and help us to feel calmer.

How can I practice mindfulness?

- Pay attention to the small everyday tasks and the senses you experience e.g. while brushing your teeth
 - Pick a time of day when you'll practice being mindful
 - Notice and observe your stream of thoughts without judgement
- Have a go this week at becoming fully aware of some of the tasks you complete and see if you notice any differences in how you feel.