



Mindfulness



Mindfulness is a special technique used to get you back into the present and out of your head. This is particularly great if you spend time over thinking things or worrying about things.

Back to Nature (or you may know it as the Five Senses).

This one can be performed inside or outside.

Firstly look around and name 5 things you can see.

Now close your eyes and tune into your hearing.

Spend a few moments listening to sounds around you. Name 4 things you can hear.

Next look around you and name 3 things you can feel.

Now name 2 things you can smell.

Finally name 1 thing you can taste.



Mindful Eating/Drinking

When you are drinking a hot drink or eating something, take time to be present in the moment. Use all of your senses to really focus on the tastes and sensations you are experiencing.

What flavours can you taste? Is it salty or sweet? Crunchy or hard? Take your time as it dissolves in your mouth to experience new flavours and sensations.

These are great ways to distract yourself from what is going on in your head and become mindful of the here and now.

