

## Mindfulness

This is a state of mind of being completely in touch with the present moment. It means being aware, from moment to moment, of your thoughts, feelings, physical sensations and the environment around us. It involves noticing little things that you might not have noticed before. The purpose is not so much about relaxing, but more on noticing things in a calm way. Two mindful techniques that can be done anywhere are focussed breathing and body scanning. Focussed breathing may be a useful method of relaxation as breathing slowly and regularly helps relieve muscle tension and other physical symptoms you may be experiencing. Body scanning moves your focus of attention around the body, being curious about your experience and observing any sensations that you become aware of.

### Example: Mindfulness Breathing Exercise

Sit or lie in a comfortable position. Slowly start to inhale saying to yourself -----

“I am slowly breathing in, filling my lungs with air. I am holding my breath. I am slowly breathing out. Emptying my lungs.”

Slowly repeat this for 5 rounds.

Do this as many times as you can during the day.

If other thoughts come into your head, note them, i.e. “I am thinking about.....” And then let the thought pass and return to your mindful breathing exercise.

### Useful Links for Mindfulness Exercises and Resources:

<https://www.blackdoginstitute.org.au/about-us/publications-and-resources/fact-sheets>

<http://www.buddhanet.net/audio-meditation.htm>

[http://www.helpguide.org/mental/stress\\_relief\\_meditation\\_yoga\\_relaxation.htm#breathing](http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm#breathing)

<http://www.livingwell.org.au/mindfulness-exercises/>

<http://www.innerhealthstudio.com/relaxation-techniques.html>

### Mindfulness Apps

<http://www.freemindfulness.org/apps>

<http://www.kaytoo.com.au/mindfulness/>