



Practicing Mindfulness

Take notice

Start to notice what would usually pass you by. How does the food you eat smell and taste, what does the wind sound like as it blows through the trees, how do your feet feel against your carpet?

Practice

Pick a regular time each day where you can commit to being more aware of your surroundings. This could be your morning commute, lunchtime walks or relaxing at home just before bedtime. Consistency is the key here as well as patience.

Break the norm

Doing something a little different will help you to disengage from your 'Autopilot' mode. Take a different route to work, re-arrange your desk, try something new for lunch. Activities such as this will make you appreciate the world you live in differently.

Be present in the moment

Mindfulness can be practiced anywhere. It's especially useful to practice if you start to feel trapped in your thoughts - either reliving the past or focussing too much on what might happen in the future.

Try different methods

Different things work for different people, so if you don't find one technique useful, try another. Download an app such as Headspace, try mindful colouring, mindful eating or simply drift off in to a daydream.