

Mindfulness practices



Mindfulness is the intentional practice of **paying attention to the present moment**, in a non-judgemental way.

In our *Wellbeing Conversations* workshop, we explore how mindfulness can be applied when supporting others. This handout includes some simple ideas to help you practice these skills.

Your mind may wander when you practice mindfulness, this is normal. Just notice when this happens and gently bring your attention back to the task.

Object description



Pick up a nearby object and focus your full attention on it. In your mind, try to describe the object as factually as possible by labelling the different features you observe. Try to notice its shape, size, weight, texture, temperature and any changes to the object as you move or interact with it.

Breathing



Set a timer and practice focussing on your breath for the whole duration. You may want to pay attention to how the air moves through your body, the sensations of the breath, its rhythm and how your mind and body responds to changes in your breathing. Your mind is likely to wander during this exercise but you can gently encourage your attention back to the task.

Mindful walk



Go for a walk (or if you are not able, sit outside or ride public transport). During your time outside, try not to let your mind aimlessly wander. Instead observe what you can see, what you can hear, what you can smell and what you can feel. Notice the sounds and sights of nature, pay attention to your sense of motion, the breeze on your skin and how smells may come and go.

Mindfulness of music



Select a radio station, put your music playlist on shuffle or pick an album you have never heard before. Listen to the next available song and give it your full attention. Try to identify as many instruments, vocals and layers to the song as possible, for the whole duration.

Body scan



Spend a short period of time paying attention to your body. Start from the top of your head and slowly move towards the bottom of your feet. Notice any sensations, aches, pains, tension or feelings of relaxation. Notice any impulses or urges that arise as you do so.

For more helpful workshops and resources related to mental health and wellbeing, please visit our website www.investinginwellbeing.co.uk.

