



We all lead very busy lives and can find ourselves running on autopilot just to keep up! By doing this, we forget to be really “present” in each moment. Mindful living is the opposite of this – it’s when we wake up from autopilot mode and take control of our attention again. We can experience mindful living by engaging in “mindfulness” practices. Mindfulness is a moment-by-moment awareness of our internal thoughts, feelings and sensations. Research shows that mindfulness has many benefits for our mind and body:

<p>Mindfulness increases self-control helping us to better manage stressful situations</p>	<p>Mindfulness improves our sense of wellbeing & general energy levels</p>	<p>Mindfulness reduces symptoms of anxiety, depression, insomnia & stress</p>	<p>Mindfulness enhances our ability to resist daily distractions & improves our focus</p>	<p>Mindfulness decreases overthinking, rumination & self-doubt</p>
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Tips to include mindfulness in your daily routine:



Mindful Eating

When sitting at the table to eat a meal, try avoiding any distractions – no newspaper, book, TV, computer or talking. Eat your meal while paying full attention to it – how it looks, smells, textures, what muscles in your mouth are helping you chew... you will be amazed how different the food tastes when eaten this way, and how full you feel!

Mindful Walking

Using a similar principle; while you are walking, concentrate on the feel of the ground underneath you, your breathing while walking, what’s going on around you as you walk, the temperature on your skin... enjoy that moment!



Body Scan

While you’re sitting at your desk, close your eyes and breathe deeply and slowly. Focus your attention on your feet – can you notice any tension, pain or stress? Move your attention slowly upward to other parts of your body. Notice how each section of your body feels as you continue to breathe slowly. Is your body trying to tell you anything?

Mindful Breathing at Work

While on break, close your eyes and notice where stress is building up in your body. As your breath becomes slower and smoother, imagine sending your breath to that area as you inhale and imagine a knot loosening as you exhale.



Mindful breathing at home

Grab your phone and download an app! There are excellent resources available online right now. You could try; The Mindfulness App, Headspace or Calm.

Congleton C., Hölzel, B.K., Lazar S. W. (2015). Mindfulness Can Literally Change Your Brain. Harvard Business Review