TAKE TWO MINUTES TOWARDS A THRIVING MIND

MINDFULNESS

Feeling overwhelmed can be caused by having too much to handle mentally or emotionally. When this happens, our mind can drift to unhelpful thoughts.

Mindfulness (taking notice) means actively focusing all your attention on one thing. It can help us return to the 'here and now'.
Why not practice taking notice and plan to use it when your mind wanders to unhelpful thoughts?

If you happen to feel worse after trying mindfulness, it may be time to ask for help. Speak to a professional, eg. a GP or nurse.

2 MINUTE TRY-IT — MINDFULNESS

Pick one of the following suggestions:

- Your breathing: notice your belly moving when you breathe. Feel the air entering and leaving your body.
- Sounds: notice those that are soft, loud, nearby or far away.
- An item held in your hand: notice how it feels, what it weighs, how it looks.
- Food: notice the food's appearance, shape, size, colour, aroma. Notice the taste, texture, your chewing, your swallowing.

When your mind wanders, return it to what you have chosen to focus on. What an impact this simple technique can have!

If this helped you today, try other calming skills and more of our other wellbeing materials at www.tinyurl.com/ThrivingMind