

# Quick tips on mindfulness



## What is Mindfulness?

Mindfulness is a technique which can help people manage their mental health or simply gain more enjoyment from life. Here are some of its basic ideas:

### Increase your awareness

Turn your attention to what is happening in the present moment. Notice what's happening in your body, mind or surroundings in a curious and non-judgemental way.

### Wandering mind?

Notice when your mind wanders and where your thoughts have drifted to, but don't get annoyed with yourself. Choose to bring your attention back to the present moment by focussing on your breath or surroundings.

### Go slowly

New skills take time to develop. Try a few minutes of mindfulness at first and gradually build it up.

## Build it into your routine

Decide on one or two activities which you will do mindfully each day. It could be focusing on the sensations of brushing your teeth or listening to the kettle boil, for example.

## Try a mindfulness exercise

You may be inspired by a guided meditation from an app, CD or mindful colouring.

## Find a course or practitioner

Speak to your GP or local Mind about services in your area. Courses can be in groups, one-to-one or online.

## Be kind to yourself

Try not to be critical of yourself if you find mindfulness frustrating or that it's simply not for you. You can try other ways to look after your wellbeing such as talking treatments and arts therapies.

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