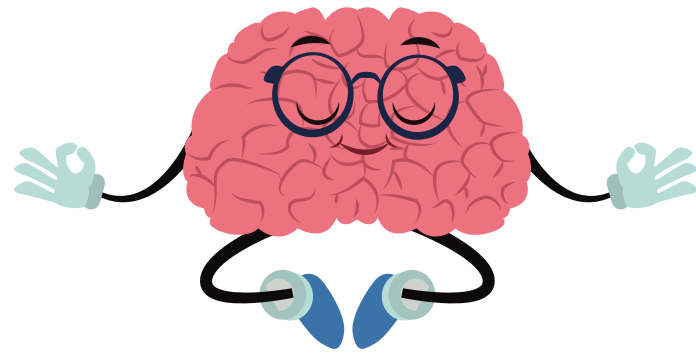


Mindfulness



What is Mindfulness?

Mindfulness means paying attention, on purpose. This means that when we are practicing mindfulness we intentionally direct our attention to what we are doing.

How can Mindfulness help me?

When we are not paying attention intentionally, our minds often switch to 'autopilot' mode where we go about our daily tasks in a habit driven way, without full awareness of what is going on in the present.

Mindfulness practice helps us to switch off the autopilot mode and be in the present moment.

Why is this helpful?

Mindfulness helps us to notice our thoughts, feelings and surroundings without being caught up in them or pushed around by them.

Mindfulness can help you...

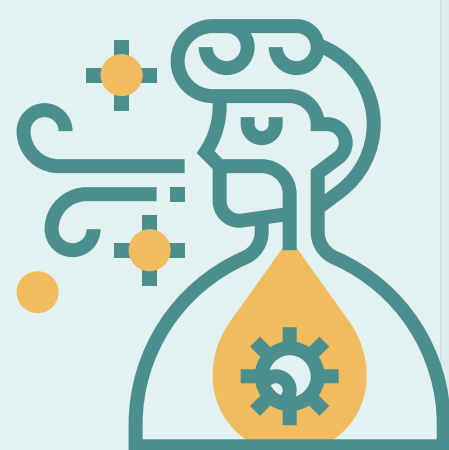
- Become more self-aware
- Feel more calm and less stressed
- Feel more able to choose how to respond to your thoughts and feelings
- Cope with difficult or unhelpful thoughts
- Be more kind towards your self.

HOW YOU CAN BE *Mindful today*

Take deep breaths

Bring your awareness to the here and now using your breath. Take several slow deep breaths

Inhale 4 counts- **hold** 4 counts-
exhale 6 counts.



Use your senses

Pay attention to your senses

Name:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you smell
- 1 thing you can taste



Pay attention to your wandering mind

Notice when your mind has wandered to thoughts in the past or worries in the future without judgement.

Focus on one task

Complete one activity or task at a time and give it your full attention. Manage distractions by writing down thoughts that come to mind to action later.

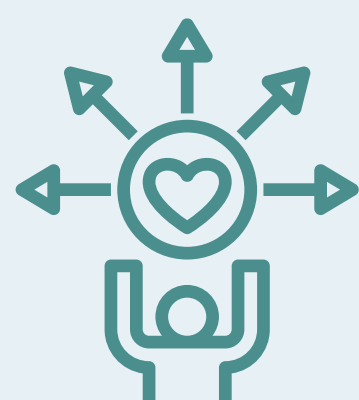


Choose and return

Choose to bring your attention back to the present moment. This can be done by focussing on your breathing or senses.

Be Kind

Remember our minds will always wander. Practice being kind and understanding towards yourself when this happens rather than being judgemental or self-critical.



Practice Meditating!

Mindful meditation is an effective way of learning to focus your attention and stay engaged with what you are doing.

Join one of the free zoom sessions offered by Monash College Counsellors every:

Wednesday @ 3 pm

Thursday @ 3:30 pm

Friday @ 10:30 am

