



Five quick fire techniques to practice mindfulness



Breathing exercise

Taking time to focus on your breathing is a simple way to practice being mindful. Take a minute out between tasks.

Focus as you take a breath in, then as you exhale.



Practicing gratitude

This is another quick and simple way to practice being in the present moment. Write down three things you are grateful for each day.



Mindful looking

Step 1: stand or sit in front of a window with a view

Step 2: Look out of the window and really see everything there is in front of you **but** instead of giving the objects names like car or tree notice instead the way it looks (for example its colour or pattern)

Step 3: Pay attention to movement, notice all the many ways in which things move (for example how flowers blow in the breeze). Imagine you haven't seen this view before.

Step 4: be aware of yourself observing what's there.

Step 5: if find your mind wandering to other thoughts, return to the view again and notice the colour and textures again.



Mindful listening

Be mindful when listening to others. Really listen to what they are saying to you. Be in the moment.



Be kind to yourself

Forgive yourself. Be your own best friend. Treat yourself like you would your best friend.