

## Mindfulness practices

Things have been difficult during the pandemic. So, we've put together this advice to help you take steps to look after your wellbeing whether you're working at home, in the office, or transitioning back to the workplace.

**Mindfulness is being present in the here and now, aware of thoughts and feelings free of judgement.**

We have the ability to train our brains to be present. Some research has shown positive changes in the brain after 8-week mindfulness programmes.

Here are some tips to get started with living a more mindful life

- Pick a time of day or an activity to be fully mindful. This could be while brushing your teeth or doing the dishes
- Bringing your awareness to your breath or a sensation in the body anchors you into the present moment. Come back to this throughout the day
- If you find your mind wandering to stressful "what if" thoughts gently guide your attention back to the present moment
- Meditation is part of cultivating a mindfulness practice. Sitting for a short period of time and focusing on your breath is a good place to start. Meditation apps are wonderful options for more support
- Your body is always in the present moment. Practising body scans is a great mindfulness technique that also induces relaxation
- Using all your senses helps anchor you into the present moment
  - What do you see?
  - What do you hear?
  - What do you taste?
  - What do you smell?
  - What do you feel?

