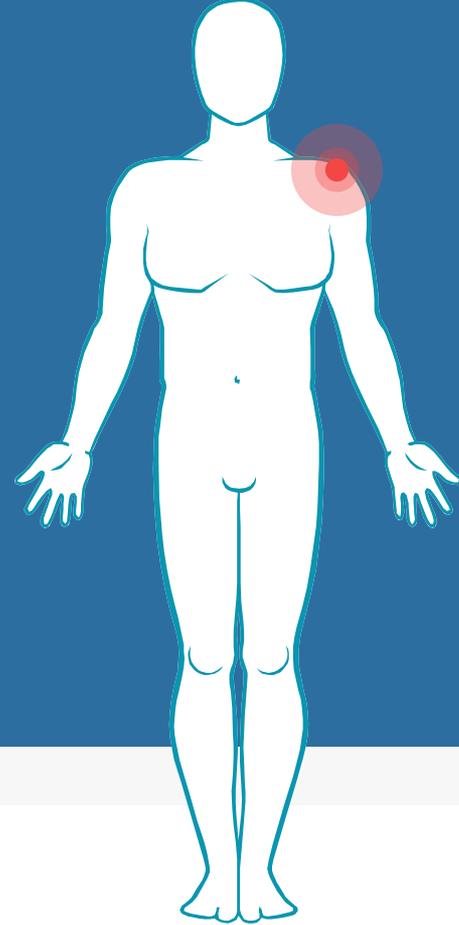


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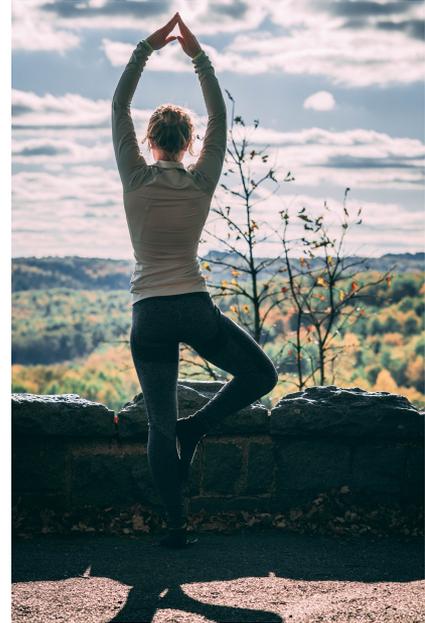
Digital Resources

The Benefits of Mindfulness



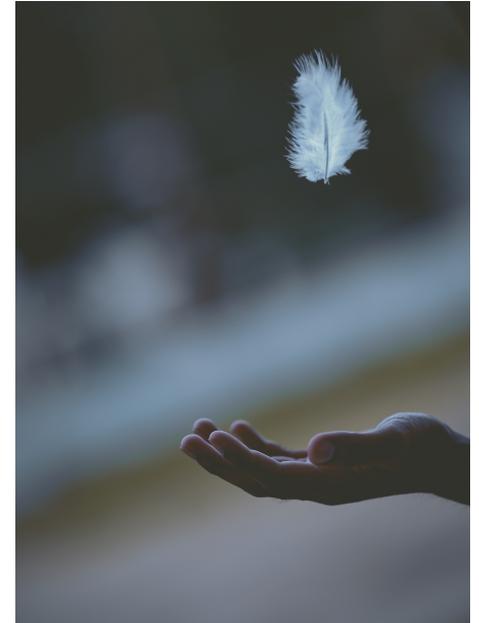
Introducing Mindfulness

- Mindfulness is the ability to be focused on one thing without other thoughts or feelings beginning to interrupt us.
- While it might be a case of ‘easier said than done’, especially when we are so used to multi-tasking in today’s fast pace society.
- Mindfulness is all about being still, and finding moments of stillness, even in a hectic daily routine.



Benefits of Mindfulness

- Mindfulness has many benefits for our health and wellbeing.
- These include:
 - Reducing stress
 - Living in the moment
 - It makes us better people
 - It helps reduce the feeling of loneliness of the elderly



Techniques for Practicing Mindfulness

- There are many different techniques you can try to practice mindfulness in your everyday life.
- In the following section, we will present some techniques for:
 - Mindful breathing
 - Mindful eating
 - Mindful walking



Mindful Breathing

- Mindful breathing involves sitting still, in a quiet space and bringing your mind's attention to your breath.
- By focusing on your breath, mindful breathing coaches you to be more aware of your surroundings and to be more 'present' in your daily life.
- It is an effective method for over-coming some of the cognitive, emotional and behavioural symptoms of stress



Mindful Breathing

- ▶ This short video will lead you through a 3-minute mindful breathing exercise:
<https://youtu.be/SEfs5TJZ6Nk>
- ▶ This video provides a good introduction to mindful breathing, and this exercise can be lengthened to 5 and 10 minutes, with practice.
- ▶ With regular practice, you can engage in longer episodes of mindful breathing, but for now, this video is a good beginning to introduce you to this technique.



Mindful Eating

- Mindful eating is a technique that helps you gain control over your eating habits.
- It has been shown to promote weight loss, reduce binge eating, and help you feel better.
- It is not however, to be interpreted as a diet.
- With mindful eating, you are more mindful of how much you are eating and you tend to stop eating when you are full, rather than over-eating to finish a large meal.



Mindful Eating

Mindful eating involves the following techniques:

- eating slowly and without distraction;
- listening to physical hunger cues and eating only until you're full;
- distinguishing between true hunger and non-hunger triggers for eating;
- engaging your senses by noticing colours, smells, sounds, textures, and flavours;
- learning to cope with guilt and anxiety about food;
- eating to maintain overall health and well-being;
- noticing the effects food has on your feelings and figure;
- appreciating your food.

Mindful Walking

- Mindful walking is a simple technique that you can practice to bring more mindfulness into your daily routine.
- This is a very effective method of practicing mindfulness, it involves bring your attention to your walking.



Mindful Walking

- Mindful walking is as simple and as complicated as maintaining – as best you can – your awareness of the fact that you are walking.
- You might try to be aware of each footstep.
- You might harmonise your walking with your breathing.
- You might note sounds around you.
- If you are walking at home you might notice creaks in floorboards.
- If you try to do all these things at once, you will end up in a knot. So it's best to settle on just one or two ways to do this practice.
- I try to be aware of my feet against the floor and of sounds.



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