

Tip sheet

Mindfulness

What is mindfulness?

Mindfulness is the practice of being aware of each moment of your day as it happens. Becoming more mindful helps reduce tension, stress and anxiety. It also helps you notice what supports your wellbeing.

Mindfulness is maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment through a gentle, nurturing lens. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

What does it mean to be mindful?

Merriam-Webster defines mindfulness as 'the practice of maintaining a non-judgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis.' Basically, mindfulness means being aware of and controlling your experiences rather than letting them control you.

Benefits of mindfulness

If greater wellbeing isn't enough of an incentive, research has found that mindfulness techniques help improve physical health in a number of ways. Mindfulness can: relieve stress, improve heart disease, lower blood pressure, reduce

chronic pain, improve sleep and alleviate gastrointestinal difficulties.



Mindfulness also helps you notice other people. You'll become more aware of the effect other people have on you – who helps build you up and who brings you down. You'll also notice other people's experiences, needs and emotions, which makes your relationships better.

Ways of being more mindful

- Slow down
- Breathe slowly and calmly
- Do one thing at a time
- Take time to smell the roses – stroke a pet, stroll on a beach or watch the stars
- Write a journal or draw a picture
- Develop a daily mindfulness practice.

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