

Benefits

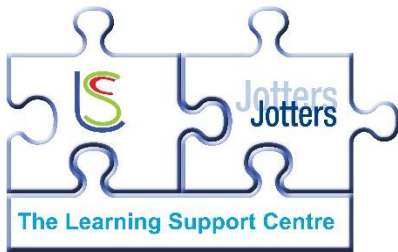
- ☞ Reduce stress
- ☞ Improve brain performance for effective learning
- ☞ Take in the 'now'
- ☞ Enhance communication
- ☞ Develop more meaningful relationships
- ☞ Unlock creativity
- ☞ Improve mental flexibility
- ☞ Problem-solving ability
- ☞ Use technology wisely

A simple definition of mindfulness

- ☞ A mental discipline aimed at training ATTENTION

Other aspects:

- ☞ Utilising the senses upon which to train attention
- ☞ Engaging the mind in present moment
- ☞ Fostering self-control through non-attachment to transitory experiences
- ☞ Encourage attitude to being non-judgemental to transitory experiences
- ☞ Cultivating a stillness, less reactivity to moment-to-moment experiences



Paying attention –attention regulation

- ☞ Psychologists use term 'attention regulation'
- ☞ Mindfulness = living with awareness

Elements:

- ☞ To know where the attention is
- ☞ To prioritise where the attention needs to be
- ☞ For the attention to go there and stay there

'Punctuation Marks'

- ☞ A day is like a book – no punctuation, becomes a blur, makes little sense
- ☞ Practise: setting punctuation marks in your day
- ☞ Eg '*full stop*' 5 – 30 min twice a day
- ☞ Coming to 'your sense', could be meditation
- ☞ Influenced by motivation, patience, opportunity
- ☞ '*comma*' – anything from couple of sec, couple of min

How to reap the benefits

Set aside time each day for mindfulness, eg

- ☞ Focus all your conscious attention on sensory experience note anything you can touch, smell, see, hear
- ☞ Scan every part of your body from toes upwards and notice how you feel
- ☞ Don't judge your thoughts or feelings, just experience
- ☞ Focus on breathing – take slow, deep breaths

Your thoughts will naturally wander, simply acknowledge and bring back to your senses.