

Mindfulness

WORKPLACE
TRAINING
& SUPPORT
SERVICE

What is Mindfulness?

Benefits of Mindfulness

Simple Exercises

What is Mindfulness?

Mindfulness is a specific way of paying attention to what is happening in the present moment, without making judgments or wishing things were different. It involves paying attention to the present moment while disengaging from our 'usual mental clutter'.

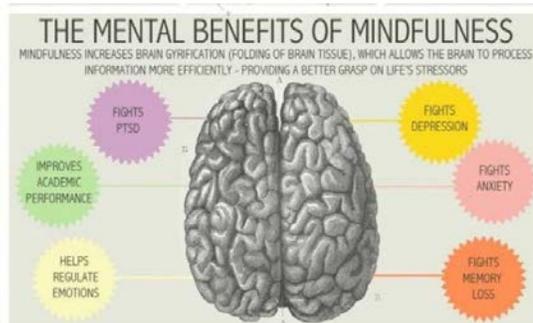
Mindfulness is about learning to be flexible, open and curious about our daily activities and experiences. All too often our experiences go by unnoticed and unappreciated. Mindfulness directs us to pay attention to the little things that we may otherwise miss. The aim of mindfulness is to learn to observe and accept our experiences, despite our busy and sometimes overwhelming schedules. Ultimately, mindfulness allows us to better respond to situations, rather than just react to them.

Benefits of Mindfulness

There are numerous scientifically proven benefits of mindfulness in helping maintain good physical and mental health.

Mindfulness can help:

- Reduce stress.
- Improve sleep.
- Manage symptoms of depression, anxiety, chronic pain and drug and alcohol addiction, heart disease and hypertension.
- Improve memory and problem solving abilities.
- Reduce the heart rate and improve circulation etc.



Simple Exercises

There are a large number of mindfulness exercises that people can adopt (including meditation, audio and video resources, which can be found online).

Below are three simple exercises for beginners:

Mindful breathing:

For 1 minute focus your entire attention on your breath; for 5 counts each, take slow, deep breaths in and out.

Mindful eating:

During a meal pay attention to how the food looks, smells, feels and tastes. Ensure that you chew it slowly.

Mindful walking:

As you walk engage as many of your senses as possible. For example, take note of 5 things you can see, hear, smell, touch, and possibly taste.