

"take a break by
visiting your senses...
your senses are
100% guaranteed to
be in the now"



being present

mumshine

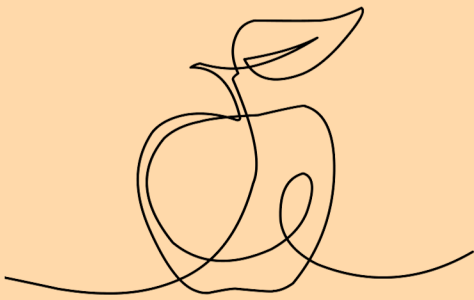




Mindfulness is a practice where you are able to be in the present moment and not get stuck on thoughts or feelings that might be happening in your mind. It is called a practice as it is something you should practice everyday and it gets easier over time, however it is not a skill to be ticked off as it is a continual process of improvement.

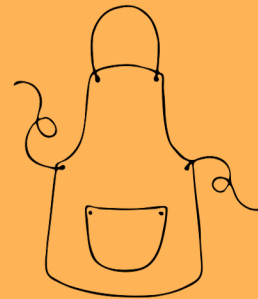
These techniques can each be done in under 5 minutes and the more times you do it, the more practiced you get. After each 5 minutes reflect on how you felt before or after and any positive changes you have noticed since starting your practice.

mindful eating



1. at snack time, slow down
2. pick up the snack and examine it, what do you notice, colours shapes, textures
3. smell the snack, what does it smell like? notice any memories this brings up and return to the exercise
4. take a small bite, what flavour, texture do you notice? chew slowly, how does it feel in your mouth? repeat this process until the snack is finished (or 5 minutes is up)

mindful chores



1. choose a repetitive weekly chore such as the dishes, ironing, lawn mowing or vacuuming
2. set a timer for 5 minutes
3. during this time just focus your mind on what you are doing and go slow. What your movements look and feel like, what patterns you see, what bodily sensations do you feel (e.g. the water on your hands),

mindful walking



1. set the timer for 5 minutes and start your walk (without distractions).
2. walk slowly and with intention
3. take notice of how your body feels e.g. your body posture, how do your feet feel when they touch the ground, how do your muscles contract and expand with each movement, what is happening with your breath and heart rate?
4. do not judge or correct, just note and observe

mindful listening



1. if you want some additional help or support jump onto YouTube, spotify or the web and search for a 5 minute guided meditation for mindfulness
2. follow along and complete the activity noting how you feel before and after
3. i suggest saving a list of favourites and listening to them at key transition times e.g. before starting work or collecting the kids or before bed
4. as you get better, increase the number of sessions per day or the duration

As you do this, your mind will wander to other topics, this is normal. Simply notice this change, acknowledge it without judgement and then return to the exercise. The more practiced you become the less often this will occur. Remember it is normal, you aren't doing anything wrong.

mindfulness & grounding mumshine



active exercise



individual



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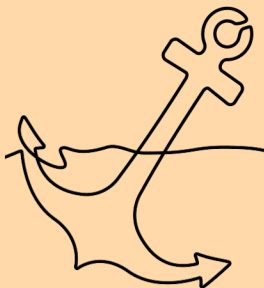
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10 breaths



1. place a hand on your diaphragm and a hand on your upper chest and watch your hands
2. take a deep breath in focusing on your bottom hand watching it move. Your top hand should stay still
3. hold your breath and release
4. notice the sensations of your lungs expanding and emptying and your rib cage rising and falling
5. repeat this 10 times
6. see if you can notice your thoughts come and go, like leaves floating down a stream
7. expand your awareness to the rest of your body and environment

drop anchor



1. plant your feet into the floor
2. push them down and notice the ground underneath you, supporting you
3. notice how the muscles in your legs change as you push down
4. notice how your whole body feels as you push down from your head to your feet
5. look around you and see what you notice sounds, sights, smells and sensations

notice five things



1. look around you and notice 5 things you can see, pause and breathe
2. notice and name 4 things you can hear, pause and breathe
3. notice and name 3 things you can feel, pause and breathe
4. notice and name 2 things you can smell, pause and breathe
5. notice 1 thing you can taste, pause and breathe

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mindfulness log



reflective exercise



individual

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This log can be used to capture your practice over a week and provide opportunities to identify patterns, recognise progress and generate learnings so you feel more confident in your practice.

date & time	minutes duration	thoughts or feelings happened	music or guided supports used	benefits or improvements observed from practice

Reflecting on the week what did you notice? Were there days or times of day where you were more likely to practice? Were there situations where practice was easier? What benefits did you notice? How can you build on this success next week?

i noticed...

to build on this success, next week i will...