What is Mindfulness?

Mindfulness skills help us to focus our attention when we are overwhelmed by strong emotions.

This can help us choose how we want to respond, rather than impulsively react to situations. Being mindful means we calmly focus on the situation in front of us, rather than get distressed and overwhelmed. The following Mindfulness skills teach you what to do and how to do it, to become more mindful.

**TASK:** Choose an activity (walking, eating, listening) and try to observe and then describe what is happening around you and within you (for instance your thoughts, feelings and bodily sensations). Observe and describe what is happening without making judgements about what is ‘good’ or ‘bad’. This way we can focus our attention and be more effective in participating in the present moment.

**WHAT DO I NEED TO DO?**

**OBSERVE**

Just notice the experience

**STOP**

**DESCRIBE**

Put words to what you have experienced

**WAIT**

**PARTICIPATE**

Give the activity 100%

**GO**

**HOW CAN I BE MINDFUL?**

**NON-JUDGEMENTAL**

Stick to the

**FACTS**

**ONE-MINDFUL**

On one thing at a time

**FOCUS**

**BE EFFECTIVE**

Keep your eye on the

**FINISH LINE**