

What is Mindfulness ?

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

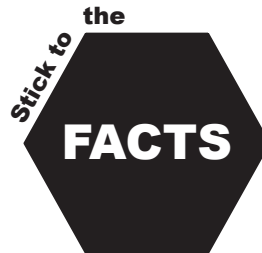
This can help us choose how we want to respond, rather than impulsively react to situations. Being mindful means we calmly focus on the situation in front of us, rather than get distressed and overwhelmed. The following Mindfulness skills teach you **what** to do and **how** to do it, to become more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

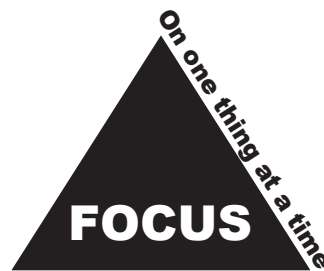
HOW CAN I BE MINDFUL?

OBSERVE



NON-JUDGEMENTAL

DESCRIBE



ONE-MINDFUL

PARTICIPATE



BE EFFECTIVE