

Mindfulness Month - week two

8

**Kei te
pēhea
koe?**

Mindfulness practice doesn't require heaps of time. It just means bringing yourself back to the present moment! Because our breathing is always with us, it can help us return to here and now.

Choose a cue to check your breathing at various points throughout the day. You can do this at specific intervals with an reminder on your phone. Or it could be more organic, like when you eat or drink something, or when you walk into or out of a certain room.

When you notice your breathing for just a moment, allow it to flow normally. Just feel the breath moving in and out and see if you can carry this mindful awareness forward into your day.

9



Our bodies only know this very moment and this very place!

By practicing mindful breathing, we can come home to this moment instead of getting tangled up in our worries, thoughts, judgements, and feelings. Although our minds often want to carry us away to the past or to the future or to another place, taking mindful breaths and noticing our bodily sensations assists us in soothing and returning to life here and now.

**Guided
Audio**

10



Te Taha Tinana

Physical wellbeing

Space is all around us, expanding in every direction, but we often forget that and only pay attention to what is in front of us. But there is space behind, above, below, and on each side of us!

Ngā Aronga e Ono is a mindful movement that helps us to connect with space in all directions.

This practice helps to support an attitude of open awareness, in which we don't try to grab hold of anything. Instead, it cultivates a gentle spaciousness of our minds.

Guided Audio

11



Mindfulness is more than a technique. It is about the quality of attention we bring to each moment of our lives. If you find sitting still with your eyes closed a bit challenging, here's another way to practice mindfulness:

Mindful walking is an effective and simple way to move mindfully.

You can practice mindful walking anywhere: walking to the car, down the stairs, at the beach or in a forest. All you have to do is tune into your breath, your body, and the world around you.

Next time you are walking anywhere, try these four supports for mindful walking:

1. noticing each footstep on the earth
2. noticing your body moving through space
3. noticing your breath flowing with each step
4. walking with joy - with a smile on your face or a sense of lightness in your heart

Don't worry if you can't bring all four of these supports together all at once; just try walking with one or two of these anchor points as your focus.

12

5 senses grounding technique

name
5 things you see

name
4 things you hear

name
3 things you feel

name
2 things you smell

name
1 thing you taste

Stop scrolling for just a second. Pause. Tune in to where you are right now. Can you name 5 things you can see, 4 things you can hear, 3 things you feel, 2 things you smell, and 1 thing you can taste?

This 5 senses grounding technique is a powerful way to help bring you back to the present moment when you are experiencing feelings of anxiety. Even if you aren't experiencing an unpleasant emotion, paying attention through your senses can calm a busy mind or just help you to enjoy a quiet moment of presence.

Mindful eating exercise

Reduce distractions and begin to engage all your five senses

Sight:



What does the piece of fruit look like? Can you describe the colours, patterns, anything you've never noticed before etc.

Touch:

What does it feel like? Heavy, light, soft, rough.



Smell:

What does it smell like? Sweet, savoury, is it a strong smell or a faint smell?



Sound:

Start to bite into the food slowly, can you hear notice any noise as you bite down and chew the food?



Taste:

What does it taste like, sweet, salty, sour? Do you like the taste? Can you notice the temperature and texture of the food?



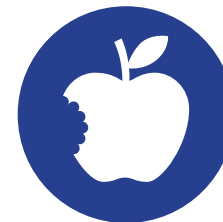
Try to eat the food slowly and mindfully, noticing all the sensations as you eat.

Try to notice when you feel full or satisfied.

Can you take the chance to be mindful with your food?

By slowing the process of eating down and tuning into all our senses, it helps us to enjoy our food more, feel more satisfied, make better food choices, and show up to something we do daily with more presence and awareness.

Try practicing mindful eating at mealtimes and notice how it makes you feel. You don't need to eat the whole meal super-slowly but see how even just really noticing the first bite or two alters your experience!



If you tried journalling last week, have another go today. Has someone helped you with a problem over the week? Did you learn something new? Has something enjoyable shown up in your day? Try and list five things you are grateful for.