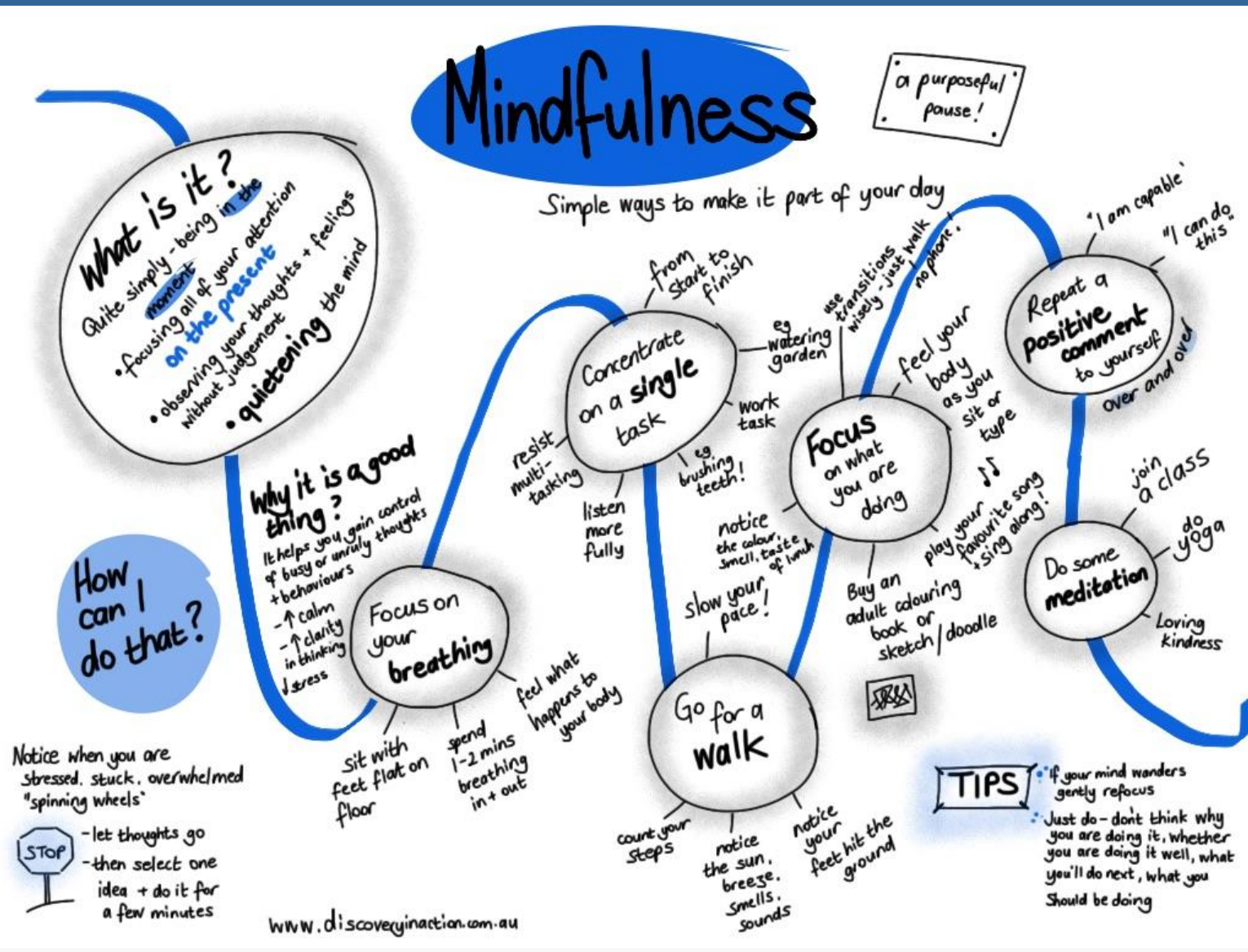


Mindfulness tips



Mindfulness tips

The concept

Mindfulness is a frequently mentioned phrase in a time of life that seems to keep getting busier! So, what is it – and why is it good for us?

Mindfulness meditation is the rare, research-proven technique that boosts your performance by physically altering your brain. Researchers have found that practicing mindfulness had a significant impact on 8 regions in the brain, with impacts on the parts responsible for self control and resilience as the most important.

This visual explains what mindfulness is, and shares practical ways you can practice it, that are just not 'meditation'.

You can practice mindfulness by:

- Focusing on the physical act of breathing
- Focusing on and paying more attention to a single task – multi-tasking is really switch tasking and not as efficient as we convince ourselves it is
- Paying more attention to daily acts like walking
- Repeating positive self talk to oneself
- Engaging in different forms of 'moving meditation' (exercise)

Why it's useful

Mindfulness helps to quieten the mind. It helps you to stop feeling out of control, and can help you to prevent and treat stress.

It also helps you to stop the awful feelings that come with ruminating on negative thoughts, and can help you to stop jumping from one thought to another. Overall, it's a great way to put yourself in a good place to tackle your busy day in a much more calm, controlled and constructive manner.

How/when to apply it

Pick one idea that resonates and make a small amount of time each day to give it a go.

For example, today – each time you walk to a meeting, focus solely on the walking process. Take a few minutes to notice each step, observe and feel your feet lift and hit the ground. Notice your arms swing as you walk. Observe your breathing. Observe the people you pass on your way. Then, when you arrive, focus on the task at hand.

Use this in conjunction with the 'Stress Bucket' and 'De-Stress' leadership bites.

