

Try incorporating mindfulness into your everyday tasks

Daily tasks can be used as mindfulness exercises.

- eating and drinking - focus on the taste, temperature, texture, smell and sounds
- showering - breathe deep, listen to the water, notice the smell of the soap and the feel of the water on your skin
- housework - concentrate on the smells, textures, sounds and visual changes
- walking - focus on each step, the ground under your feet, what you can hear and smell and the air on your skin
- brushing teeth - focus on the smells, tastes and sensations
- cooking - focus on the changes in smells, the sounds, the feel of the ingredients, the patterns made when stirring
- watching TV - focus on the words being said, the movement of the mouth, the colours and textures you can see

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Mindfulness to Re-Centre

Take 5 minutes each day to
re-centre your thoughts

Mindfulness Exercises

Taking 5 minutes each day to re-centre your thoughts and feelings can have a profoundly positive effect on your mental wellbeing. Try these simple exercises as a starting point and remember to use all of your senses.



Draw Calming Circles

Draw a large circle to fill your page. Don't worry if it's wonky! Continue to draw in a continuous movement. You can draw over and over the circle or fill it with a pattern. Focus on the motion of the pen, the ink flow and the sensations in your hand.

You can use different colours and patterns. Try it with your other hand.



Mindful Observation

Choose a natural object and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon. Don't do anything except notice the thing you are looking at. Simply relax into watching for as long as your concentration allows. Look at this object as if you are seeing it for the first time. Visually explore every aspect of its formation without judgment.



Yawn and Stretch

Take 1 minute every hour.

Take a deep breath and say "Ahh" as you slowly breathe out. Notice how the yawn interrupts your thoughts and feelings and brings you back into the present.

Stretch really, really slowly. Acknowledge any tension or pain without judgement. Focus on the sensations. Try stretching in different ways, standing up and sitting down, arms straight up, out to the sides or to the front.

Preparation

- Get any resources you need before you start
- Sit or stand comfortably with your feet flat on the floor
- Straighten your back, relax your shoulders and breathe