

What is Mindfulness?

It is paying attention, on purpose to things as they are right now, with curiosity and kindness towards yourself and your experience.

Taking in the Good – 3 Basic Steps

- 1 **Have a beneficial experience** - Notice one you are having already or create one in your mind.
- 2 **Enrich it** – Stay with it for at least 16 seconds. Open to it in your body. Enjoy it!
- 3 **Absorb it** – Intend and sense that the experience is sinking into you like water into a sponge, becoming part of your whole body and mind.

Self-Compassion Break

If you are experiencing a lot of stress or difficulty you can say these phrases to yourself as a way of soothing and calming yourself:

- 1 **“This is a moment of stress”** (difficulty/ suffering)
- 2 **“Everybody feels like this sometimes”** (it is part of being human)
- 3 **“May I be strong”** (or “May I be kind to myself right now” or “May I accept myself as I am” or “This moment will pass”)



Resources

These days there are lots of Mindfulness apps that you can download. Many of them are free. Some that you might find useful are:

- ***Headspace APP *Insight Timer App *Calm App**
- ***Mindfulness: Finding Peace in a Frantic World* the book by Mark Williams and Danny Penman. You can also get an audio version through Audible or iTunes or you can download the app of the same name which costs a little over €5.**
- **Online Mindfulness session using zoom with the Mindfulness Teachers Association Ireland (MTAI) Monday, Wednesdays and Fridays at 9am to 9:30am**
- **The Mindfulness Centre (mindfulness.ie) Mondays and Wednesdays at 8pm and Saturdays at 12 noon.**