

## FAST FACTS

# Mindfulness

## *Slowing the mind*

Being 'mindful' might conjure images of meditation beads, incense, and blessings of 'Namaste'. Another way to express being mindful, is that you're being present. Not caught up in the story of past or future, simply noticing the thoughts, feelings and details of the moment you're actually in right now.

### The benefits of being mindful

- Nervous system regulation
- Greater enjoyment of your current moment
- Ability to make better decisions
- Better ability to recall the moment

### The costs of **not** being mindful

- Lowered resilience due to the overwhelm of many distracting thoughts
- Lack of connection with whomever you're with
- Eventual nervous system overwhelm (from being 'on' too often)
- Poorer decision making

### Mindfulness practices include

**Mindful eating:** With each mouthful, intentionally and slowly chew your food. Savour the textures and flavours of your food. To enhance this, close your eyes. Put your cutlery down in between bites. Don't be tempted to rush through it

**Meditation:** Meditation can be done in so many ways - guided, using a mantra, using breath, visualisations or body scanning. You don't need big windows of time or silence to meditate. 2 minutes of breathing in the car before you walk into work is a wonderful reset meditation

**Gratitude:** The act of writing down the things, big and small, that you feel a sense of gratefulness for. This is a real energy lifting exercise and a wonderful way to become more conscious of the things that you already have that are wonderful

**Journaling:** If going slow is a balm for your nervous system, journaling is a balm for your heart and mind. Spending the time reflecting, planning, 'unpacking' can be wonderfully nourishing

**Breathwork:** Breathing is the ultimate fast track to upgrade your physiology and immediately give you access to a calm, parasympathetic state. Don't worry about how many counts in and out, as long as your exhale is longer than your inhale, ideally through the nose



### How do you know if you're being mindful?

A way to think of mindfulness is to think of slowing down. Slower thoughts, doing fewer things at once, eating at a slower pace, writing something down, having intention, anchoring to your breath, noticing the details of the moment.