

# Getting Started With Mindfulness

Mindfulness is the practice of bringing gentle, focused attention to the present moment. It invites us to observe our thoughts and feelings without judgment.



## Give Mindfulness a Go

### Pause and breathe:

Close your eyes and focus on your breath. Take a deep breath in, and let it out slowly.

### Notice your thoughts:

Think of your mind as a steady stream, and each time a thought or feeling pops into your head, visualise a leaf landing on the water's surface and gently drifting downstream.

### Label your thoughts and feelings:

To gain perspective when a thought or feeling arises, we can mentally give it a label – like “worry,” “planning,” or “judgement”.

### Let it flow:

Watch each leaf drift by, free in the stream. Watch them pass. This helps us see thoughts as just thoughts, without becoming attached to them.

### Return to breath:

Bring your focus back to your breath. Take a deep breath in, and let it out slowly. Slowly open your eyes again.



We provide a confidential and safe space to chat to a mental health professional, at no cost to you.



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