

Active mindfulness



PROGRESS
PSYCHOTHERAPY

Mindfulness doesn't need to be stopping and meditating. If your attention is on the present then it counts. Here are some ways to achieve this.

Use body sensations. If walking, showering, running, working out, etc. let your mind focus on the sensations and movements of the body.

Use the senses. When eating, drinking looking out at an area, going to a new place focus on your five senses. What do you see, hear, touch, smell and taste?

Hobbies- when doing art, reading, gardening, sport, watching films, playing videogames, etc. Focus on all of the above sensations and how they make you feel. Just notice them.

The activity can be anything you want it to be. Things you find meaningful may work better than anything else so don't let anyone tell you a right or wrong way to do it. It is ok if your mind wanders or thoughts come up, that is normal. You can just acknowledge the thought and turn your attention back to the activity.