



## What is Mindfulness?

Mindfulness is a Mind state achieved by focusing your attention on the present moment, while calmly and objectively acknowledging and accepting your feelings, thoughts, and bodily sensations.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a “right” or “wrong” way to think or feel in a given moment. Mindfulness involves a willingness to sit with discomfort.

### 3 Mindfulness Techniques:

- Tune into your senses – Sight, Smell, Sound, Taste, Touch
- Name 5 things you can see; 4 things you can feel; 3 things you can hear; 2 things you can taste; 1 thing you can smell
- Tune into your senses continually throughout the day. Feel the pace and pressure of your feet as you walk. See the crowds rush past and notice the detail on buildings or trees around you. This will assist with taking you out of automatic pilot mode and make you more aware of your surroundings and any tension you may be holding.

**Why practice mindfulness?** Mindfulness is an evidence based approach that can help improve your wellbeing and reduce emotional distress such as anxiety and depression.

**Quick Tip:** Make it a habit to practice mindfulness at least once a day, even if it's only for a few minutes. Find a time during your day that works best for you and try and stick with it.

**We're here to help. For a confidential discussion or more information contact Drake WorkWise on 1300 135 600 (AU) 0800 452 521 (NZ).**

Note: This material is designed as general information only and may not be applicable to your personal situation. If you have questions or concerns, please contact your doctor.