

# Everyday Mindfulness in 5 Steps

Mindfulness is paying attention to how you feel, without judging your experience. We often think we *are* paying attention. However, most of us spend 45% of our time lost in thought and worrying. Mindfulness helps us to be with our thoughts and emotions even if they are difficult, and to find ways to be kinder to ourselves.

## 1 Connect with your Breath

Take three slow breaths in and out, place your hand on your chest or belly and feel the body rise and fall. Connecting with the breath can help you feel calm and grounded.

Take a moment to notice 5 things you can see and make a note of them in your mind, then touch 4 things and really concentrate on what they feel like, see if you can hear 3 sounds, smell 2 things and taste 1 thing.

## Be aware of your senses

## 3 Practice Gratitude

Take a few moments each day to notice three things you are grateful for in that moment. Gratitude reminds us of what is good in our experience.

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## Eat mindfully

The first bite of food is the most delicious and we often don't notice because we are lost in thought, watching TV or on the phone. Look at and smell the food, and enjoy each mouthful.

We have over 50k thoughts per day! The ones we are most aware of tend to be the negative ones. Thoughts are not facts, we don't have to believe everything we think. Watch them, question them. Some thoughts will lose their hold over you and you no longer have to play them out in your mind.

## Watch your Mind

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If you are interested in finding out more about Mindfulness you can find information in books, websites and apps such as Insight Timer, Calm and Head Space. We have videos of led meditations and advice on how to manage stress and anxiety on our Youtube channel.

We also run an eight week **Mindfulness Based Stress Reduction Courses (MBSR)** for people in the community.

To apply for the MBSR course, go to the Mind in Salford website and complete the referral form [mindinsalford.org.uk](http://mindinsalford.org.uk) or contact Claire, the Mindfulness Coordinator

**Claire Morris**  
**Mindfulness Coordinator**  
**[claire@mindinsalford.org.uk](mailto:claire@mindinsalford.org.uk)**  
**0161 710 1065**



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