

MINDFULNESS

Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. The regular practice of mindfulness can have a significant impact on learning and memory, emotion regulation, perspective taking, self-awareness, attention, and self-control, stress and anxiety.

TIPS FOR BOOSTING MINDFULNESS.

- **Start small.** Start by taking 30- or 60-second mindfulness breaks throughout the day. Take a moment to stop and take stock of how your body is feeling and ground yourself in the present moment, noticing your thoughts and feelings without judgment.
- **Choose a sense.** Pick a sense and engage with an activity that fully immerses that sense. For example, you can listen to a favorite song, practice meditative drawing or focus on the smell of a particular favorite scent of yours (e.g., a candle).
- **Use your breath as an anchor.** Try a simple breathing exercise. For example, breathe in for a count of 4 and breathe out for a count of 6.

. **Install a mindfulness app** on your phone: <https://www.smilingmind.com.au/>