

Mindfulness is the awareness of the **present moment**, of your thoughts, feelings, environment and body, with **kindness, curiosity and non-judgement**.

Why is it helpful?

Being **curious** and **attentive** to your emotions can lead to **big realisations** and **self-reflection**. Our minds and emotions are often controlled by moments outside of the present - anxiety about the future or regret for the past. Mindfulness helps **separate these feelings to remain in the present**.

Benefits

Mindfulness can help our **health and well-being**. By focusing on the present, mindfulness can **reduce stress, improve attention** and **facilitate emotional regulation**. Mindfulness can **improve sleep and support physical health**.

Practicing mindfulness

Mindfulness is time dedicated to yourself every day. It is a **daily practice** that can be **applied in any situation** through **small actions**.

There is no 'right way' to practice mindfulness. Finding the support that works for your body and mind is crucial.

Not every session will be perfect. Mindfulness requires **trust and self-belief**, which can only be achieved through **practice and patience**.

How can it help others

You must fill your own cup to continue to help others.

Mindfulness fosters **mental clarity and emotional intelligence**, empowering individuals to interact with others and themselves with **kindness, acceptance, and compassion**.

Practice in everyday life

Here are some techniques you can implement into your daily life, or share with others. **Where and when these are done is up to you!** You may choose to set a reminder or practice mindfulness whilst you do a daily task. For example, practice breathing techniques whilst the kettle is boiling. The senses activity can be particularly helpful for those experiencing anxiety or panic attacks.

Breathing

Counted breathing

In for 4, out for 6

Box breathing

In for 4, hold for 4,
out for 4, hold for 4

54321 Senses

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

Support

If you or someone you are supporting is experiencing mental ill-health, **you are not alone**. Additional resources and support can be found at:

Beyond blue - beyondblue.org.au

Lifeline - lifeline.org.au - 13 11 14

Kids Helpline - kidshelpline.com.au - 1800 55 1800

Headspace - headspace.org.au

Neami National also offers additional training and support:

<https://www.neaminational.org.au/find-services/>

Training programs:

Suicide prevention training

Gratitude workshop

Science of stress

Responding to emotions