



WHAT IS MINDFULNESS?

Take a moment to stop.

Notice your posture.

Be aware of your breathing.

Can you feel your body?

Do you feel any pain or strain anywhere?

Is your mind racing?

What are you actually feeling this second? Irritable? Happy? Sad? Bored? Relaxed?

This is what mindfulness is about. Mindfulness is about being completely IN THE NOW.

It's about noticing, this second, how you feel, what you think, what you want, without criticism or judgement.

It's about learning to notice everything in your body, your mind and your environment: the gurgles in your stomach, the twitches in your back, the clenching of your jaw, the rain on the window, the clouds in the sky, the purring of your cat, the flowers in the garden, the smile of your child, the sound of a far-off train, the traffic on the street, a bird twittering on a branch, the itch on your nose, the whirr of your computer, or the taste of a melting square of chocolate on your tongue.

Mindfulness is about noticing everything in the moment. It's about learning to focus your attention in the present. This very second. This millisecond.

NOW.