

So what is mindfulness and why is it important?

Mindfulness is all about living in the moment. It is a state of being fully aware of what is happening now. When we are mindful we focus on our thoughts and feelings as they happen. We take the time to appreciate our surroundings and enjoy each moment. Mindfulness is all about now, and training your brain to reject any fears or worries relating to the past or the future.

Being aware of what is going on around you is important for lots of reasons: it keeps you safe; it keeps you informed; it helps you to decide what you need or want to do. But being aware of what is going on inside your head - your thoughts and feelings - is just as important for your mental health. Mindfulness helps us to concentrate, understand our feelings and enjoy a better life.

Thoughts, feelings and the outside world can change all the time. Part of mindfulness is being aware of the changes that are happening from one moment to the next. A big part of mindfulness is focusing on the present moment - this includes what you can see, smell, hear, taste and touch, as well as what you're thinking about. The goal of mindfulness is to help you reconnect with your body and mind so that you can think about things clearly.

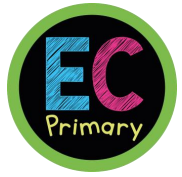
One of the big advantages of mindfulness is that it lets you appreciate things that you would otherwise take for granted or not think about. This could be even the simplest of things like the way it feels to sit in a chair, or the smell of a particular room. It also lets you notice your stream of thoughts and allows you to start seeing patterns in your thinking. Now it's your turn!

Complete the sentence in the thought bubble.



Mindfulness is...

MINDFULNESS AND ME



*Let's see if we can match up our key terms.
Draw a line to the correct definition*

Worries

What is happening now,
in this moment.

Emotions

A person's level of
emotional well-being.

Mental health

Focusing our attention on
what is happening now.

Mindfulness

Our feelings. For example being
happy, mad, scared or excited.

Present

Feeling mentally troubled
or concerned.

Can you write a definition for these key terms?

Past

Future