Mindfulness

Mindfulness is about living in the moment with calmness and focus on only what you can see, hear and feel at any one time. It has proven benefits in keeping stress and anxiety at bay. Engaging in mindfulness every day is a great way to help you relax and de-stress from the worries of the world.

Try this:

1. Sit or lie comfortably, somewhere warm and preferably quiet and not to well lit.

2. Close your eyes and take several slow deep breaths, in and out, and as you breathe relax your body, bit by bit, starting with your head and moving gradually all the way down to your toes.

3. If thoughts come into your head, let them pass by, as if they were floating past on a river.

4. Continue to focus on your breathing, nice and steady and relaxed.

5. Think about your happy place, somewhere and sometime where you have memories that make you smile or concentrate on something you can look forward to.

6. Hold that thought, let other thoughts pass you by. Stay in this moment, this memory for as long as you want.

7. See what you see, feel what you feel, hear what you hear, focused on that one thought.

8. Concentrate quietly on these happy thoughts for a while, then when you are ready, gently open your eyes and come back to now.

Gently shake out and carry on with your day.