CHENNAI MINDS LEAFLET – MINDFULNESS

All You Need To Know About Mindfulness

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A poor life this if, full of care; We have no time to stand and stare – William Henry Davies

WHAT IS MINDFULNESS:



Mindfulness as the name suggests is to be aware and mindful of the present moment and moment to moment. It is so easy to be carried away with our thoughts and start ruminating about the past or worry about the future.

Awareness of our stream of thoughts helps us modulate our stress and anxieties.

Mindfulness is recommended by NICE guidelines in the UK to prevent relapses in depression.

5 WAYS TO INCORPORATE MINDFULNESS IN EVERY STEP

1. Wake up everyday to notice the sweetness of your morning tea, revel in the smell, colour and taste of this**." Be present" with your first cup of tea.**
2. Break the monotony and do something new. Go to a different place for lunch, sit by the window and take in the view**." Be present in the place".**
3. Imagine that you are standing in the bus stop and you are watching buses stop and pass by without alighting any of those buses. **"Be present with your thought"**
4. Give a name to your thoughts as you watch them. E.g., if the thought of the sea frightens you say **"this is fear",** etc.
5. Keep reminding yourself to do the above regularly. Set an alarm in your phone that goes off every 3-4 hours to start with can remind you to be more mindful.

ATTRIBUTES THAT WILL HELP YOU COMBAT THE BIGGEST STRESS KNOWN AS LIFE

- Forgive – wholeheartedly
- Be grateful for the small mercies
- Accept that everyone is imperfect
- Appreciate people
- Practise compassion
- Embrace uncertainty



Practise Mindful Meditation- How to do it?

- Find a suitable spot every day at more or less the same time and make yourself comfortable with a meditation cushion or stool. First scan your body and get free of any tension.
- Concentrate on your breath- inhale and exhale for a few minutes.
- Notice your thoughts without fighting them. Notice how they may change your breath or makes you tense.
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DISCLAIMER

All the details contained in this leaflet are for information purposes only. You need to consult a Consultant Psychiatrist well trained to treat this condition. CHENNAI MINDS takes no responsibility for the information or the consequences of the decision made on reading this information leaflet.