

## **Mindfulness**

### **One Minute Exercise:**

Sit in front of a clock or watch that you can use to time the passing of one minute. Your task is to focus your entire attention on your breathing, and nothing else, for the minute. Have a go - do it now.

---

### **Mindful Eating:**

This involves sitting down at a table and eating a meal without engaging in any other activities - no newspaper, book, TV, radio, music, or talking.

Now eat your meal paying full attention to which piece of food you select to eat, how it looks, how it smells, how you cut the food, the muscles you use to raise it to your mouth, the texture and taste of the food as you chew it slowly.

You may be amazed at how different food tastes when eaten in this way and how filling a meal can be. It is also very good for the digestion.

---

### **Mindful Walking:**

Here the same principle, while walking you concentrate on the feel of the ground under your feet, your breathing while walking. Just observe what is around you as you walk, staying IN THE PRESENT. Let your other thoughts go, just look at the sky, the view, the other walkers; feel the wind, the temperature on your skin; enjoy the moment.

1 Adapted from those in Elliston, P. Mindfulness in medicine and everyday life. British Medical Journal, Career Focus, 17<sup>th</sup> November 2001.

Patient Handouts: Mindfulness in Everyday Life (January 2007) <http://www.blackdoginstitute.org.au>