

WHAT IS MINDFULNESS?

In this section, we'll learn more about what mindfulness is



Noticing

Mindfulness is simply stopping to pay full attention to whatever it is you're doing at that moment



Breathing

One of the best ways to practice mindfulness is to close your eyes, relax and count your breaths



Relaxing

Practicing mindfulness can help you to feel calmer and more relaxed throughout the day



Sensing

Focusing on one of the five senses (sight, touch, taste, smell and hearing) is a great way to stop and be mindful

DID YOU KNOW?
Your sense of smell gets stronger when you're hungry

FUN FACTS ABOUT MINDFULNESS

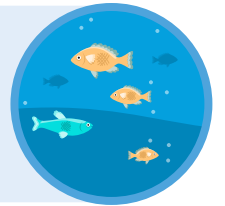


Going for Gold

Mindfulness is practised by Olympic athletes to help them relax, feel less stressed, and focus on their performance

Just Breathe

Studies show that people who regularly practice breathing techniques can hold their breath longer underwater



Touch Grass

Getting outside and feeling the grass beneath our feet has been shown to increase relaxation; especially if we leave our screens indoors

Old & New

People have been practising mindfulness for over 4,000 years, taking inspiration from ancient exercises and adapting them for modern life

