

MINDFULNESS

Mindfulness

Autopilot

Mind wandering

Here, now



Then, Later

Skillful responding

Habitual reacting

Aware, present

Monkey mind/distracted

Mode of *being*

Mode of *doing*

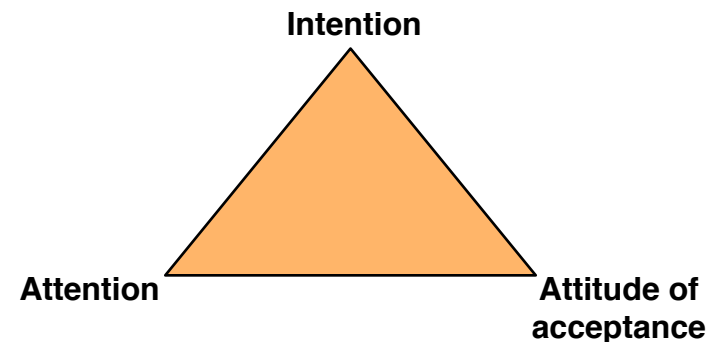
Allowing/letting be

Fighting the experience

Accepting /facing reality

Avoiding /Struggling with reality

Mindfulness means purposely paying attention, in the present moment, with an attitude of openness, acceptance and curiosity.



Types of practice

Formal: Practising mindfulness as a "practice", e.g. watching the breath or scanning body

Informal: Doing normal activities mindfully - e.g. eating mindfully

Applying mindfulness to daily life

Optimising: Being present in the good times

In difficult times: mindfulness helps you become less reactive (pause, accept and choose responses). Mindfulness also helps to ground you in the present moment. When a storm is raging inside you, the present moment provides a safe place to rest