

What is mindfulness?

Mindfulness can be described as a quality of 'present moment awareness.' It is about feeling connected with other people, with our environment and with reality. In recent years, mindfulness has been combined into ways of managing stress. It has commonly been taught alongside meditation and relaxation to help people in coping with various health and lifestyle challenges that often arise in our busy lives.

Mindfulness is a natural state that we have all experienced at some stage throughout our lives. We are more likely to experience this state of mindfulness when we are doing something that we enjoy doing at our leisure, without the pressure of time restraints. Mindfulness is about living in the moment rather than getting caught up in our thinking about the past or predicting the future.

How can I be more mindful?

Many people are finding everyday tasks a struggle at the moment. The household or admin tasks we once managed to keep on top of can pile up and quickly feel overwhelming.

It may be worth writing a list of these jobs and prioritising what has to be done and what can wait. Or perhaps seeing if any of these tasks can be shared more equally with others in your household. It can help to choose a small task to complete rather than aiming to 'catch up' with everything, or to set the oven timer and see how far you get in 20 minutes!

Mindfulness Exercise for Busy People

- Choose an activity to do mindfully throughout the day. This does not need to be a lengthy activity, but can be something simple such as drinking a hot drink, washing the dishes or going for a walk.
- Whichever activity you choose to do, be in that moment, right now. See, hear, smell, touch, taste, breathe.
- Notice when other thoughts and sensations come to your attention, then re-focus on your chosen mindful activity.
- Practice patience and being compassionate with yourself.
- Simply describe to yourself what you are experiencing... try not to judge each thought or sensation as good or bad, pleasant or unpleasant.
- It is as it is.
- It will pass.

Local 1-1 wellbeing support is available for care home staff:

Call or text 07971 794 065 to arrange support

(This is a dedicated line staffed Mon-Fri, 9am-5pm, or leave a voicemail 24/7)

For immediate support 24/7:

National Wellbeing Hub - <http://wellbeinghub.scot> - 0800 111 4191

NHS Lanarkshire Staff Care and Wellbeing 24-hour Helpline - 01698 752000



"Those are dark clouds,"
said the boy

"Yes, but they will move on,"
said the horse, "the blue
sky above never leaves."

The '5 things' Exercise

During this exercise, you can simply choose to use the things around you in the present moment to help you engage with the 'calm mind'. Take notice of:

- 5 things I can see
- 4 things I can hear
- 3 things I can touch or feel
- 2 things I can smell or like the smell of
- 1 slow deep breath