

# Top Mindfulness Tips

Mindfulness is a mind-body approach to well-being that can help you change the way you think about experiences in your life. Perfect the following 5 steps:

- **Mindful breathing:** Identify your in-breath as an in-breath and your out-breath as an out-breath. When you breathe in, you know that this is your in-breath. When you breathe out, you are mindful that this is your out-breath
- **Concentrate:** While you breathe in, follow your in-breath from the beginning to the end. If your in-breath lasts three or four seconds, then your mindfulness also lasts three or four seconds. Breathing in, I follow my in-breath all the way through. Breathing out, I follow my out-breath all the way through
- **Awareness of your body:** “Breathing in, I am aware of my body. Breathing out, I am aware of my body.” When your mind is with your body, you are focused in the here and the now. You can be in touch with the wonders of life that are available in yourself and around you
- **Releasing Tension:** The next time you find yourself in a stressful situation, take that moment in time and repeat to yourself “Breathing in, I’m aware of my body. Breathing out, I release the tension in my body”
- **Walking mindfulness:** Wherever you are, your body and mind are together. With every step, you touch the wonders of life that are in you and around you. When you walk like that, every step brings healing. Every step brings peace and joy, because every step is a miracle

Practice the 5 steps each day, several times a day. The more you do it the easier it will become.

**“Only that day dawns to which we are awake.”**

*Henry David Thoreau Walden*

# Useful websites

[www.mindfulnet.org/](http://www.mindfulnet.org/)

[www.bemindful.co.uk/](http://www.bemindful.co.uk/)

[www.mindful.org](http://www.mindful.org)

[www.mind.org.uk](http://www.mind.org.uk)

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



For more information contact:

[www.mindincambs.org.uk](http://www.mindincambs.org.uk),

St Neots – 01480 470480

Cambridge – 01223 311320