

Mindfulness

Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



Sit in a room with your eyes closed.

Ask someone else to spray a perfume or deodorant at the other side of the room and, keeping your eyes closed, try to notice the exact moment when the smell reaches you.



At the same time of every day, think of one thing to be thankful for.



When you are eating, slow the process right down and try to activate all your senses. Look carefully at your food before you eat it.

What does it look like? Bring it closer so you can smell it. What does it smell like?

As you place it in your mouth, be aware of the texture of the food and how it feels.

What does it taste like? Does the taste come in successive waves or all at once? Can you recognise the individual ingredients?