

# MAKING EVERYDAY MINDFUL

CREATED BY THE SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING

Prior to coronavirus and the lockdown, life was extremely fast paced for a lot of us. With the advent of technology, constant bombardment of social media notifications and the art of multitasking, it's become rather difficult for us to focus on one task without getting easily distracted. The concept of mindfulness has gained so much importance especially in current times to moderate this disjointed attention span. Since the lockdown has hit the brakes in our usual lives and created time and opportunity for most of us, it is the perfect time for all of us to try and work on being more mindful.

**To be mindful means to be present, non-judgmental and aware.**

## Benefits of mindfulness

***improving the awareness of our patterns of reaction allows us to think before reacting***

***trains our minds and bodies to be more relaxed.***

***allows us to think before reacting***

***enables us to choose what we would like to focus on***

Sit with a straight back. You may cross your legs or if you are sitting on a chair, keep your feet touching the floor (preferably barefoot).

Place your palms, face down on your thighs and close your eyes.

Start taking deep breaths.

Breathe in for 5 seconds and breath out for 8 seconds.

Whilst breathing in, try and focus on how the air enters your nostrils, goes down through your windpipe, expanding your chest, expanding your stomach.

And when you exhale, push from your stomach, contracting it, contracting your chest; the air will rise up your windpipe and go out through your nostrils. You may even feel a slight tickle of air on your upper lip.

Try your best to focus on the pathway of your breath.

You may get distracted by sounds, bodily sensations, thoughts, and many other things and that's okay.

When you notice that you are getting distracted, simply realize this without getting angry at yourself.

Then gently bring your focus back to your breath. Continue doing this. It's normal to get distracted.

The important thing is to bring yourself back to your breath, whenever you realize you have gotten distracted.

We recommend doing this for 5 minutes at a stretch. And for a total of at least 10 minutes a day - 5 minutes in the morning and 5 minutes at night.

**Mindfulness can be integrated into anything. Train yourself to pause, breathe and become present.**

**[https://drive.google.com/file/d/1WtqY9uXNJ0\\_wz2\\_0XKtdFT7ChIglezmt/view?usp=sharing](https://drive.google.com/file/d/1WtqY9uXNJ0_wz2_0XKtdFT7ChIglezmt/view?usp=sharing)**