

What is mindfulness?

Formal mindfulness meditation is where you sit, usually with the eyes closed, and focus attention on one thing, usually either breathing or the sensations experienced within your body.

With informal mindfulness, you bring the same kind of improved attention that you might get from formal practice to everyday situations. This involves directing your full and non-judgemental attention to the activity you are undertaking at a particular moment – it might be washing the dishes, brushing your teeth, chatting with a friend or studying.

Why is it important?



Reduce worries, anxiety and distress¹



Enjoy more energy²



Create a sense of calm³



Learn how to relax and regulate emotions^{4,5}



Enhance awareness and creativity^{6,7}



Improve concentration and increased productivity^{8,9}



Develop a sense of empathy and connectedness¹⁰



Enjoy better health and sleep¹¹

Many websites/apps are currently offering free memberships. Please use the links below to find one that suits you and your family.

Useful mindfulness links:

<https://www.smilingmind.com.au/mindfulness>

https://cdn2.hubspot.net/hubfs/4687378/Parent%20resources/Mindful%20Home%20Checklist.pdf?t=1541040664554&utm_campaign=Parents%20guide&utm_medium=email&_hsmi=67149183&_hsenc=p2ANqtz--2MDASbpW7L1M7LI6SbV9rW2mOPhSnjAq0157rJK9CLEYHTqYJGRHY7I6LnpTlo9j38hRA&utm_content=67149183&utm_source=hs_automation

<https://www.gonoodle.com/for-families/>

<https://www.headspace.com/>

<https://www.calm.com/signup-flow>

<https://www.gonoodle.com/>