

Mindful Meditation



Mindfulness is the practice of learning how to be fully present, and aware of your thoughts and feelings without distraction or judgement. Many studies show that mindfulness, when practised regularly, reduces stress, anxiety and depression.

Mindfulness is something that takes practice, and whilst you might think it's not for you, perhaps you just need a little direction to get you going. Here's a simple exercise that can be done as a group or alone.

The Exercise



This is a great introductory exercise for beginners to start practising mindfulness since it can be attempted by anyone with a single object. We recommend an object with an interesting or unusual texture, smell, or taste is best.

In this exercise, each person needs to bring a small object with them and is asked to pretend they have never seen the object before.

After taking three collective deep breaths (your eyes can be closed for this) each person is then asked to pay careful attention to:



The way the object looks



How it feels



Its smell



Its taste (if applicable)

The facilitator should encourage employees to go into as much detail as they can. At the end of the exercise, employees are encouraged to take another deep breath before sharing their experience with the group.

The Benefits



Focusing on a single object is meant to bring the participant's mind to the present, to what is right in front of them. They may be familiar with the object, but not used to taking the time to actually notice it. By focusing on the object in detail, the individuals are unlikely to be expending energy, time, and attention on worrying or ruminating about other parts of their lives.

When you follow these instructions and take notice, it is much easier to focus on what is in front of you. If your mind does wander, that is natural too. Gently guide it back to the exercise.