



**CarefreeMe**  
Live Well Every Day



**Be Mindful**

By Fiona O'Neill



**Mullingar  
Chamber**  
Advancing business together

# What is Mindfulness?

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*Knowing what is happening, while it is happening, without preference*

*Rob Nairn*

***Awareness that arises through paying attention, on purpose, in the present moment, non-judgementally,”***

*Jon Kabat-Zinn.*



# Why practice Mindfulness?

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Rather than think about it too much, the practice of mindfulness is an experiential process.

For example.....



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# Why Practice Mindfulness cont'd



If you ask yourself the following:

- Would you like to find a new way of relating to your thoughts and emotions? Rather than react to your thoughts – *mindfulness will help you to respond and be more accepting*
- How often do you find yourself dwelling on the past or worrying about the future? *Mindfulness will help you to be more present. The mind naturally wanders however with awareness we can train the mind to be present. (we cover this in the slide 'Where to start')*
- How does it feel to live your life this way? Are you feeling stressed most of your day? – *Mindfulness will help you to develop a relationship with your mind to understand that you are not your thoughts and that there is a way to live well everyday*



# How to train the Monkey Mind?

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- Like a monkey the mind is always busy
- Inviting you now to take 3 breaths in through your nose and out through your mouth and....
- Become aware of your senses – what can you hear, smell, taste, touch, see and feel? ~ this will help you to be here in the present moment



# Where to start?

- Begin small ~ e.g. 5 minutes first thing in the morning
- Find a quiet space so you won't be interrupted
  - Here's something to get you started



# Benefits

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Mindfulness offers many benefits for your body, mind and spirit, including the following:

- Manage stress levels
- Improved immune response
- Clarity and peace of mind
- Improved mood and how we respond to situations
- Improved relationships
- Increased energy levels
- Reduced blood pressure
- Decrease in any tension-related pain, such as, headaches, ulcers, insomnia, muscle and joint problems
- Maintenance of a healthy bodyweight



# Consistency is the key ~ Being Mindful

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- If we practice being aware on a regular basis ~ we can develop a relationship where it becomes part of our daily life
- This can be as simple as when brushing your teeth ~ focusing on brushing your teeth and nothing else, eating your breakfast ~ focus on chewing and tasting the food when eating without distractions, going for a walk ~ focusing on walking using your senses (how to train the monkey mind slide) without your phone/earphones etc.
- Think of it as a reset for the mind and body





# If you are interested in learning more?



Carefree Me offers an 8 - week Mindfulness Based Living Course. I can come to your workplace on a weekly basis. The themes include:

- **Introductory Session** – What is Mindfulness and Why Practice It?
  - Week 1** – Start Where We Are
  - Week 2** – The Body as a Place to Stay Present
  - Week 3** – Introducing Mindfulness Support
  - Week 4** – Working with Distraction
  - Week 5** – Exploring the Undercurrent
  - Week 6** – Attitude of the Observer
  - Week 7** – Self-acceptance
  - Week 8** – A Mindfulness Based Life
  - Follow Up** – The Rest of Your Life

