

## **Brighton and Hove Clinic**

### **Top 10 Tips to Being More Mindful.**

1. Stop and notice your breath at least 3 times in the day for a couple of minutes. Be present for the sensations of breathing along the breath cycle.
2. Stop whatever you are doing as you are doing it and tune into your senses. When you are eating, notice the colour, texture and taste of the food.
3. When you are walking, tune into how your weight shifts and the sensations in the bottom of your feet. Focus less on where you are heading.
4. Allow yourself moments in the day when you do not have to do anything. Giving yourself the time and space to be.
5. Our minds can be full of thoughts, when you get lost in thinking, gently bring your attention back to your breath. At times doing this demands being persistent, so for a few minutes, commit to bring your attention back gently to your breathing no matter how many times you notice your mind going off.
6. Recognize that thoughts are simply thoughts; you don't need to believe them or react to them.
7. Practise listening without making judgments. Let the sounds come to you and focus on the quality of the sounds, volume, pitch, timber. Notice if your mind gets involved with the listening and brings your attention gently to the sounds.
8. Notice where you tend to zone out (e.g., driving, emailing or texting, web surfing, feeding the dog, doing dishes, brushing teeth, etc.). Practise bringing more awareness to that activity.
9. Spend time in nature and bring beauty to your indoor environments. Having natural objects that you find pleasing to look at, touch or smell around you.
10. Notice how the mind likes to constantly judge. Don't take it seriously. It's not who you are.



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At the Brighton and Hove Clinic we understand that accessing help for mental health problems can be frightening so our team of experts are here to support you through this journey in making the best treatment decisions for your particular issues. We have a comprehensive range of treatments available; the first step in accessing treatment is for our expert team to carry out a comprehensive assessment with you and create a bespoke treatment programme that is tailored to your needs.

If you would like to know more about the services at the Brighton & Hove clinic or you would like to book an appointment, please call our Relationship Manager Sophia Jaques on **07387417022** or email [sophia.jaques@elysiumhealthcare.co.uk](mailto:sophia.jaques@elysiumhealthcare.co.uk)