

# What is Mindfulness

Mindfulness is a practice that helps us to develop skills of awareness. It involves engaging both the mind and body in exercises that help us to observe, understand and influence how we relate to ourselves, with the world around us and with our life experiences.

## Notice your thoughts

Mindfulness requires the practice of focus and taking time to intentionally notice your thoughts, feelings and body sensations in a manner that is free from judgement's and self-criticism.

## Improve your focus

Similar to when we exercise our muscles get stronger and we get fitter, when we practice the act of mindfulness, our focus becomes greater and our awareness more robust.

## Direct your energy

Through awareness we have the capacity to choose where we want our energy and attention to lie. This skill can significantly cut down on time spent thinking about things that worry us, bring us shame, regret, criticism or other such unhelpful thoughts.

## Develop Compassion

Through awareness we can develop understanding and compassion for ourselves and others which supports us to experience kindness, love and to make wiser choices in life.

## Build Endurance

Attending University while it can be wonderful, with it too can be challenges, stresses, isolation, upsets, periods of sadness and worry. Mindfulness can support us to savour the good stuff and endure the difficulties.