

Tips for Practicing Mindfulness

- ∞ **First step is don't try too hard** - there is no success or failure to these practices. Take this time to notice what you notice and remember there is no competition here.
- ∞ **Invite a sense of curiosity and wonder** – being open to what you notice – letting go of any sense of judgement.
- ∞ **Take note of where your attention is at** - regardless of what is happening (e.g. if you lose concentration, fall asleep, keep thinking of other things, if you lose track on what part of the body we're on, or if you're not feeling anything), take note of where your attention is at, and return to the practice when you notice. These are your experiences in the moment.
- ∞ **Let go of any expectations about what the practice will do for you** – practice in an environment that is peaceful and quiet – be curious to what the experience will bring rather than trying to predict.
- ∞ **Try approaching your experience with the attitude of “OK that's what I notice here for me right now”** - whether pleasant or unpleasant – our experience passes, moves, shifts and changes. Mindfulness supports us to observe and support ourselves no matter what the experience.