

GEAR UP TOOLKIT

Psychological And Occupational Safety

Module 3-Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. It is a quality that every human being already possesses, it's not something you have to invoke, you just have to learn how to access it.

Some of the formal and informal ways in which you can practice mindfulness are (not an exhaustive list):

Formal practice

- Mindfulness of breath
- Mindfulness of sounds
- Mindfulness of thoughts
- Sitting meditation
- Yoga

Informal practice

- Having shower
- Washing dishes
- Listening to music
- Mindful eating
- Cooking

Benefits of Mindful living:

- Enhances attention and focus
- Lessens fatigue, stress and anxiety
- Increases self-awareness
- Lowers blood pressure
- Increases well-being and performance
- Strengthens social skills
- Builds compassion and kindness

Mindfulness: Putting It to Use



Mindful breathing:

- 1) Gentle focus of attention on the breath Coming in and going out
- 2) Not trying to change your breathing in any way
- 3) No expectations
- 4) Simply awareness of the breath moment to moment

Digital Mindfulness:

- 1) Take frequent micro-breaks.
- 2) Give yourself some digital rest.
- 3) Explore hobbies that don't need technology.
- 4) Move your body every day.

Body scan:

- 1) Set aside a time and place in your day where you can sit comfortably, yet attentive and you won't be distracted.
- 2) Close your eyes and bring your attention to your toes. Working up from your toes, bring awareness to each body part in turn; your feet, ankles, calves, knees, etc. up to your head.
- 3) Maintain your breathing pace.

Mindful posture:

- 1) Take your seat on a stable, solid seat, not perching or hanging back.
- 2) Straighten, don't stiffen your upper body.
- 3) Let head and shoulders can comfortably rest on top of your vertebrae.
- 4) Situate your upper arms parallel to your upper body. Then let your hands drop onto the tops of your legs. With your upper arms at your sides, your hands will land in the right spot.
- 5) Drop your chin a little and let your gaze fall gently down-ward.
- 6) You may let your eyelids lower. Be there for a few moments.
- 7) Relax.

Feel free to email Gocoaches@silveroakhealth.com or dial 080 47484518 (24*7) for any queries and appointments