**4 mindfulness exercises**

***Mindfulness involves making a special effort to notice what’s happening in the present moment (in your mind, body and surroundings), without judging what you notice. Many people find that mindfulness helps to manager their everyday wellbeing, and it can help to feel calmer and less stressed. Try these activities and see if you notice a difference afterwards.***

**Mindful hand awareness exercise**

Grasp your hands really tight and hold for 5 to 10 seconds, then release and pay attention to how your hands feel.

Keep your attention focussed on the feeling for as long as you can.

**Mental focus exercise**

Stare at any object and try to remain focussed on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then just bring it back to the object.

The longer you can remain focussed, the more your mindfulness will increase.

**Undivided attention exercise**

Do a familiar activity like brushing your teeth or washing your face. Do it with complete attention, and see what new sensations you notice.

**Full sensory awareness exercise**

Sit on your bed comfortably and sit and look around. Become aware of everything that your senses pick up. How do you feel? Do you feel over-stimulated? Do you feel peaceful? Is your mind racing? Make a mental note, and keep observing without judgement. Focus on your breathing