

Mindful Awareness

Mindful awareness is simply noticing what is happening within us and around us, as it is happening. It might be a thought, emotion, body sensation, where your attention has gone, or an urge to respond. We don't need to immediately change what we notice, instead, it invites us to pause long enough to become aware of our experience with a little curiosity.

Mindful awareness doesn't require a quiet mind, meditation practice or extra time. It can happen in small moments throughout the day. Sometimes the practice is simply: "Oh, I'm noticing this is happening."

Mindful Eating:

Engage all your senses while eating a piece of food, or drinking. It might be the warmth of a drink, the smell of food, texture, temperature or the first taste.

Five Senses

Pause and notice what is available through your senses. What can you see, hear, touch, smell or taste right now?

Breath Awareness:

Take a few minutes to focus solely on your breath, observing its rhythm and sensation.

Gratitude Reflection:

Take a moment in the day to note three things you're grateful for, fostering a mindset of appreciation.

Body Scan:

Close your eyes and slowly bring your attention through different areas of your body from head to toe, noticing any areas of warmth, pressure, tightness, tingling, heaviness, movement or ease.

Mindful Movement:

While walking, stretching or moving your body, notice the sensations associated with movement: your feet against the ground, muscles stretching, changes in balance. Or simply count the number of steps it takes you to a point in your journey.

Nature Observation:

When spending time outdoors, observe the natural world around you, noticing the sights, sounds, and sensations of nature.

Notice the Transition

Notice when your attention moves from one thing to another. You might simply name it: I was focused on this, and now my attention is moving over here.

Mindful Music

Choose a song and listen with a little more attention than usual. See how many different instruments, sounds or layers you can notice.

Bringing Micro-Moments of Mindful Awareness Into Your Day

Mindful awareness does not need to become another task on your list. Reflecting on your current day-to-day life, consider the things you already do every day. Where could you bring 10–30 seconds of mindful noticing into something that is already happening?

Day to Day Task	A Mindful Moment to Try
Preparing my coffee in the morning	When I pour my morning coffee, I pause, feel the warm mug in my hands, smell the coffee, close my eyes, and savour the first sip.
Having a shower	I notice the temperature of the water, the sensation on my skin and where my thoughts are travelling.
Waiting for something to load	Instead of immediately reaching for my phone, I notice my breathing or what is happening in my body for a few seconds.

What Pulls My Attention Away?

Our attention naturally moves. Sometimes something genuinely needs our attention, at other times, we may notice our attention is being pulled automatically by habits, worries, or notifications. Mindful awareness isn't about stopping this, simply noticing what pulls us away helps us understand ourselves a little better.

What pulls my attention away?	What do I notice when this happens?	A Mindful Moment to try
My phone notifications	I reach for my phone almost automatically, even when I am in the middle of something else.	I'm noticing my attention has been pulled towards my phone. Pause for a moment.
Thinking about everything I need to do	My thoughts jump ahead and I stop noticing what I am doing now.	I'm noticing my mind has moved into planning. Feel my feet on the ground before continuing.