

MINDFULNESS

What is Mindfulness? Mindfulness involves being present in moment, paying attention to your surroundings or noticing sensations within yourself.

Mindfulness can soften your stress and relax your muscles to reduce your *chronic* pain. Practicing mindfulness for just two minutes a day can make a positive difference in the medium to long-term with your *chronic* pain!

Practice Mindfulness

You can practice mindfulness by focusing on your senses and becoming present in the moment. Find a comfortable spot, be still, take a few deep breaths and notice:

- What can you see?
- What can you hear?
- What can you feel?
- What can you smell?
- What can you taste?



Practicing Mindfulness in Daily Tasks

Find a daily task to focus your attention on and turn off all technology distractions (i.e., TV, phone, laptop). As you are completing the task, let your mind focus on what you are doing, noticing every detail and sensation. Some people find it helpful (while they are learning mindfulness) to practice this for 5 minutes first thing in the morning and before going to bed. Here are some ideas to get you started:

- **Making a tea or coffee** – notice the smell of the hot drink, the feel of the warmth of the cup, see the soft flavours and with each sip take a moment to notice the taste...
- **Taking a shower** – feel the water on your skin, the smell of soap, the steamy air...
- **On a walk** – listen to the sounds around you, the smells, the feel of the air...
- **Cooking a meal** – the aromas of the ingredients, the warmth of the cooking, the colours of the foods...
- **Watering the garden** – feel the air temperature, the smells of the garden, the sounds around you, the shapes, textures and colours of the plants...



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Tip: If thoughts and feelings about the past or future surface, acknowledge and accept these thoughts with no judgement. Gently try to bring your focus back to the sensations of the present moment.