

Here are a couple of real comments from other people about mindfulness in the everyday – from a whole general outlook ... right down to potato-peeling!!!



“I am pretty apprehensive about hitting my head again. When I had my brain injury, I was rushing around and being hectic all the time. Looking back, I would have been better off slowing down and taking things one step at a time – more mindfulness, being in the present moment. I do find mindfulness helps me do this. I also find myself doing mental checks every so often for example, asking myself, “is this a stable position?”, “is doing this a good idea?” so that’s all won me round.”

“Today I was peeling potatoes. I am one of these people who wants things done... I generally enjoy results not the process... While peeling potatoes, I couldn't keep a good hold on them... I kept dropping them, missed spots, and had a hideous time cutting them into smaller pieces without adding portions of meat from my finger... Anyway, I noticed I was just trying to get the job done and I needed to slow down and think about peeling... just peeling, not being done with the boring job of peeling, but rather focusing on peeling. I guess mindfulness has its good points. I am going to try to be slower and more mindful of the mundane tasks I used to take for granted...”



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**Being positively "mindful" –
*how "positive psychology"
can give a helpful boost***

Sometimes we can be so caught up in being busy that we just don't see what's around us!

Brain injury adds to the weight of daily living. We can lose track of making decisions and choices in line with who we are, instead of who we think we ought to be.

Being “mindful” means discovering the “here and now” – calming the pace of busy and anxious thoughts in our heads, so that we can be more effective and selective in what we're doing, and maybe more at peace with ourselves.

Being mindful is also about letting go of negative feelings – acknowledging things of the past but not allowing negative feelings to take control of life.

Being mindful is different from being in the present. When you are mindful you are taking account of what you are feeling, but when you are in the present you are fully taken up with current day-to-day activities.

A good way of summing up mindfulness is this -

"paying attention to purpose, non-judgementally and in the present moment"

Many people find it very satisfying to have a mindful attitude to living.... There's also even a scientific neurological reason to be mindful - stress, the opposite of mindfulness, increases the production of the hormone cortisol, which is destructively bad for brain cells!

Here's how to try being mindful in everyday ways -

Create a positive ritual in what you're doing ...

If you're doing a frequent customary task or just travelling somewhere, empty your mind of thinking about all the things you need to be doing later - instead, say to yourself some positive and reaffirming words, like "I'm going to enjoy today" or "I'm going to take time today to really listen to people".

Be aware of your breathing!

When the phone rings, take a deep breath in and let it out before answering. This will help you stay focused and present in the moment!

Take time to listen to what people are saying to you

Resist the temptation to be thinking ahead or answering back hastily to what you think a person would be saying to you. Focus instead with full listening attention to what the person is truly saying.

Allocate some special "quiet me" time

Make a special daily period of time when you will just be quiet with yourself, looking through a window or taking a walk - taking particular note of what's going on in view. What do you notice? Take time to observe those things in themselves, distinct from bustling thoughts about all your other concerns.

Listen to music

Give full attention to some music that's uplifting or restful. Even if you've heard it before, listen to it (and hear its words, if it's a song) as if it's for the first time. Take in the harmonies and melodies of the music.

When eating or drinking, savour it carefully

Take care to be aware of the texture of food, whether it's hot or cold, how your mouth feels and feeling the food as you swallow.

When eating or drinking, savour it carefully

At the end of a day, review your activities and congratulate yourself for what you've accomplished. Put things left over on a list for tomorrow.

Mindfulness is all about directing your mind to stay focused and to have a sense of stillness enabling that. It's a bit like meditation in that it's about keeping your mind more deeply in the present moment.