

Simple Mindfulness & Special Moments....

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This spell of social distancing and for some, isolation, brings with it an opportunity to slow down, simplify our lives and reflect upon what matters most to us. It's a chance to rediscover what makes us feel truly happy, content and calm.

This is a time to sample the many delights of living *mindfully*, relaxing into the practical tasks and pleasures of our everyday routines and rituals.

Mindfulness simply means giving our whole attention to whatever we're doing and experiencing at this very moment. We fill our mind and our being with something of our choosing and slip away from the worry and anxiety that may otherwise weigh us down just now.

Mindfulness also allows us time and space to fully engage our senses, and experience simple things in vivid and enriching ways.

So, try a little mindful awareness as you:

- Make and slowly sip a cup of tea or coffee. Savour the aroma and flavours. Enjoy the comforting warmth in your hands as you hold your cup. Notice how your hot drink both soothes and refreshes you.
- Take a slow stroll, immersing yourself in the sights, sounds, smells and sensations you encounter as spring rolls towards early summer. Pause and listen (really listen...) to the birdsong, take in deep breaths of the sweet fresh air, notice the colours and shapes of flowers. Feel the textures of tree bark, wild grasses, and vibrant, velvety moss. Feel the air and the sunshine upon your skin. Feel the wind move across your face and through your hair. Look up at the sky, noticing its changing colours and drifting, shape-shifting clouds. Watch birds and butterflies in fields or hedgerows and take in their markings and movements. See them take flight, watching until they're out of sight.
- Take a leisurely bath or shower. Enjoy the feeling of the water upon your skin, relaxing and enveloping you in its soft, comforting warmth. Notice the millions of tiny bubbles in the foam as you apply soap or shower gel. Inhale the fresh fragrance and notice how it makes you feel. Be aware of any memories the aroma brings with it. Dry your body slowly, with gentle, nurturing care and feel how it responds to your touch.

A few mindful moments every day help us to feel how we want to feel; releasing our 'happy hormones' and enhancing our positivity and resilience. A wonderful life tool to enjoy; now more than ever....

Be happy in the moment, that's enough. Each moment is all we need, not more.

Mother Teresa