

MINDFULNESS (FIVE SENSES)



QUICK EXPLANATION

Mindfulness is about being present, in the moment, and not holding any judgment of yourself or your thoughts. We can spend up to 46.9% of our time thinking about something other than what we're doing, and this thought-drifting can typically make us unhappy.

This activity, with a bit of practice, can help you to take a step back from your thoughts and give you a skill that can help to not get lost in overthinking. It can also be done anywhere, whilst doing almost anything. How often are you travelling, whether on a train, bus or in a car, and you suddenly arrive at your destination but you do not remember part or all of the journey? People tend to say they're on 'auto pilot' but this is your mind wandering and not being present.



AIM

To help you become more present and not let your thoughts get on top of you.



INSTRUCTIONS

This activity is easy to remember as it uses the five senses and can be used whilst you are in your room, walking between lectures, struggling to focus throughout a seminar, or finding that you are overthinking. You can practise the five senses, at the start of a lecture to help focus. Take time to go over these five steps and take a 1–2 minute pause between each bullet point:

- Five things you can see, such as the desks or chairs.
- Four things you can hear, such as the hum of the air con.
- Three things you can touch, such as the smooth desk surface.
- Two things you can smell or like the smell of, such as your perfume or a roast dinner.
- One slow breath, slow and conscious.

Mindfulness can take a lot of practice but once you get to grips with how it can help you to become more present, it can be another tool to add to your wellbeing toolbox.



RESOURCES

None required.