# Mindfulness Skills

## What skills

‘What’ skills are about what you actually do when trying to be mindful.

They are:

**▪ Observing** - Observe, but don’t do anything with what you are seeing, hearing, smelling, tasting or feeling! Be a spectator! Notice the experience, but don’t get caught up in it; notice it and let it go

**▪ Describing -** Put words to what you are experiencing. When a thought, emotion or urge arises - label it and acknowledge it with a description. Call a thought a thought, call a feeling a feeling and notice whether it is a physical feeling or an emotion

**▪ Participating -** Fully enter into the experience. Focus your attention on the here and now – on what you are doing in this moment and practise!

## How skills

‘What’ skills is what you do and ‘how’ skills are ***how*** you do this.

They involve:

* **Being non-judgemental** - Do not evaluate, but try and recognise judgements and use facts. Focus on observations and descriptions of behaviours and situations, instead of focusing on labels, stereotypes, beliefs, predictions and other judgements.
* **Doing things one-mindfully -** Do one thing at a time! Focus all your attention on the one thing that you are doing (e.g when you are eating, eat, when you are walking, walk).
* **Doing things effectively -** Focus on what works! Do what needs to be done, whether this may be to stand back and accept or to work on changing things.

**Relaxation technique: Whole body tension and release**

1.

Tense everything in your whole body, as hard as you can.

2.

Hold it as long as you can without feeling pain.

3.

Slowly release the tension and very gradually feel it leave your body.

4.

Repeat three times.