

A person is sitting on a sandy beach, with their legs crossed and hands resting on their knees. They are wearing a light blue, textured garment. The background shows the ocean with gentle waves under a soft, hazy sky. The overall mood is peaceful and serene.

Mindfulness Meditation



(@BAREFOOTCOACHINGANDCOUNSELLING)

MINDFULNESS

BY JO RYAN - BAREFOOT COACHING & COUNSELLING

WHAT IS MINDFULNESS?

Mindfulness is the practice of paying deliberate attention to what is happening right now - your thoughts, feelings, and actions - without judging them as good or bad. When we slow down and notice the mind's constant commentary, we can decide which thoughts are helpful, which are not, and gently let the unhelpful ones pass.

On average, we have around 70,000 thoughts a day - roughly one every 1.2 seconds. No wonder we feel mentally tired. And our mind isn't always a supportive cheerleader, encouraging us with 'you can do it' or 'you're amazing.' More often, it can sound like a critic: replaying regrets about the past, worrying about the future, and pointing out everything we think we did wrong. If we automatically believe this inner critic, it can fuel stress, low self-esteem, and sometimes depression or anxiety.

Thoughts are not facts. They are mental events - ideas, predictions, memories, and stories we have picked up over time. Many worries never come true, and the past cannot be changed. Peace, contentment, and joy are most accessible when we return to the present moment. Think about your most enjoyable memories: you were likely fully engaged in what you were doing, not lost in your thoughts.

When we bring our full attention to what we are doing - and actively engage our five senses - the mind naturally becomes quieter. We can't always control what thoughts appear, but we can choose where we place our attention. What we focus on shapes how we feel: if I focus on what I should have done differently in the past, I can create a low mood; if I focus on everything I must do in a short amount of time, I create stress; if I focus on the present, I create more calm. Mindfulness helps us build awareness so we can notice unhelpful thoughts without getting pulled into them, and then gently return our attention to what is happening now. What will you choose to focus on?



LISTEN TO THE
MEDITATION ON THE
RESOURCES PAGE

STILLNESS, IS NOT THE
ABSENCE OF MOVEMENT
OR SOUND. IT'S NOT
ABOUT FOCUSING ON
NOTHINGNESS; IT'S ABOUT
CREATING A PHYSICAL
AND EMOTIONAL
CLEARING TO ALLOW
OURSELVES TO FEEL,
THINK, DREAM AND
QUESTION.

~ Brené Brown

