

Smile, Breath, Go slowly

Thich Nhat Hanh Living in the Now

A few times a day observe 5 Mindful breaths, just normal slow breaths but bring your full attention to your breathing.

Whatever you do give it your full attention, take your time don't be thinking about what you plan to do next or what you have or haven't done, be in the moment.

Decide what is important to you, weed out that which isn't kind to you or others, let your children and those close to you know they are loved, learn to be calm in situations and not react defensively and with anger, find solutions don't focus on problems and blame.

Pace yourself don't have huge to do lists cramming every minute with activity, give your life a chance to pause and breath rather than always be panting.

Learn to live in the moment, the past is a different country we don't live there anymore and the future has still to be, so plan for it, don't worry about it.

Realise it's hard to be content in the moment when you worry about the future or get upset and angry by the past. If you hurt or are angry find out what needs to change for you to let this suffering go.

Learn the art of deep listening when you talk to someone be with them, give them your full attention, listen to your children and hear what they say.

Eat slowly and savour your food, drink water feel how cool and refreshing it is, bite into fruit and appreciate how sweet and juicy it is, give what you are eating your full attention, don't talk between bites just take it slowly and enjoy.

Be in the moment, savour life and eat it with your eyes and ears, become aware of bird song, flowers, the noise of wind in the trees, the world is a magical place full of interest and beauty learn to see that.

Make any chore a chance to mediate do it slowly, methodically and with the activity as your sole focus, this can be from working on a report to cleaning the toilet. Be there in the moment giving it your full attention.

Make focusing on the present a habit.



COPE is a Scottish charity and community anchor organisation who follow a social model of health to offer community access mental health services, providing a range of services to individuals and groups based on a community development and regeneration approach.

