



FOUNDATION HOUSE

THE CONSTRUCTION INDUSTRY DRUG & ALCOHOL FOUNDATION



Mindfulness and Meditation

It's easy to get caught up with our own thoughts and emotions. We can get in a mindset where we get stuck thinking about the past, the future or even overthinking the 'laundry list' of things we need to do today. This is where mindfulness and meditation come in. Popular culture has a perception of meditation that is not necessarily true – we don't have to sit in an empty field with our legs crossed, flowers in our hair and humming for hours on end – unless that's part of your self-care, of course.

MINDFULNESS IS THE FOCUS ON THE PRESENT MOMENT or staying in the 'now'. It involves the acknowledgment and understanding of these thoughts and emotions in a way that is less judgemental, more accepting and therefore, calming. Mindfulness meditation is all about practice. We don't learn how to 'successfully meditate' overnight. Getting started sounds easy – a few minutes of free time and somewhere comfortable to sit. Using the 4-7-8 breathing technique is a great place to start. Empty the lungs of air, breathe in quietly through the nose for 4 seconds, hold the breath for 7 seconds and exhale forcefully through the mouth making a "whoosh" sound for 8 seconds. Repeat this 4 times. Generally, when we become aware of our own breathing and mental state, we are able to regulate and feel a more positive emotion.

MINDFULNESS AND MEDITATION CAN BE DIFFICULT AT FIRST. It may feel as though it is provoking more intrusive thoughts – but we're just becoming more aware of what's going on in our minds. When we're more aware, we can learn to be more compassionate toward ourselves. As long as we have a pulse, we'll still have thoughts. There are plenty of guided meditations on YouTube that are available at any time. These can be beneficial when you're just starting out to get a handle on the process.

WE CAN DO MOST THINGS in our day-to-day living in a way that is mindful. This would be anytime when you're able to rest your attention in the present and fully embrace whatever you're doing. This could be simple activities such as brushing your teeth, driving, doing chores and even exercising. If we link our self-care with being mindful, we can start to achieve a new way of thinking that will feel more positive and inline with how we want to act and feel.

REACHING OUT

Picking up our phones will be our best friend during this time. Reaching out and asking for help when we need it. There is no shame in not feeling 100% - so let's talk to someone.

**Foundation House
Outreach
Counselling
02 9555 8361**

**LifeLine
13 11 14**

**Mensline AUS
1300 789 978**

**DV Helpline
1800 427 017**

**Suicide Call
Back Service
1300 551 800**