

Mindfulness



This method involves practicing letting go of unhelpful thoughts. Use the letting go scale to rate how well you are able to 'let go' of negative.

1) Ask yourself, ***what am I experiencing right now?*** Observe your thoughts, feelings and body sensations without changing or answering the thoughts back for 30 seconds to 1 minute.

2) Now bringing ***your focus of awareness to your breath***, focusing on the sensations of your breath as it moves back and forth in your belly. Spend about 30 seconds to 1 minute doing this.

3) Now ***expanding your awareness to sensing your whole body breathing***, being aware of sensations throughout your body. If there are any strong feelings around, try saying to yourself "whatever it is, it is OK, just let me feel it" For all of the unhelpful thoughts say to yourself "let go" on each breath. Do this for 1 minute.

4) ***Complete the table*** and rate how much you were able to let go of the negative thought.