

The  
**3 GOLDEN RULES** of  
Mindfulness:

- (i) Doing one thing at a time**
  - Focussing on the task in hand.
  - Not worrying about other things.
  
- (ii) Not judging**
  - Letting go of any judgements – good or bad, of yourself or other people.
  
- (iii) Doing what works**
  - concentrating on completing the task and not getting caught up in rights and wrongs.

## How do we get better at Mindfulness?

In the Mindfulness group, we practice skills which help us to concentrate, and cope with different issues.

These are relatively simple skills about paying attention to one thing at a time, and not getting distracted by other things, or our thoughts or feelings (including judgements).

The way we practice this is to try and do this while doing different exercises, which can also be enjoyable.

**Ask your MDT for more information.**

Ask your Psychologist for more information



**PRIORY**  
HEALTHCARE

**MINDFULNESS**



**This is difficult for many people because they have had problems in the past or because they find it hard to cope with difficult feelings.**

## 3 Ways of Practicing Mindfulness

### Participating

Practice becoming engrossed completely in an exercise.

Practice letting go of any thoughts or emotions which may hold us back.

For example, Feelings of self-consciousness, anxiety, or frustration.



### Observing

Practice observing without taking part.

Practice attending to emotions, thoughts and sensations but without acting on them.

This is not suppressing thoughts or feelings or avoiding them. It is noticing them and letting them go.

### Describing

Practice seeing what is there

- without interpretation and judgement.

This reduces the impact of misunderstandings

It aids perspective taking and labelling of thoughts and emotions, and helps with further psychology work.

