

Let's talk about mental health

Mindfulness for wellbeing

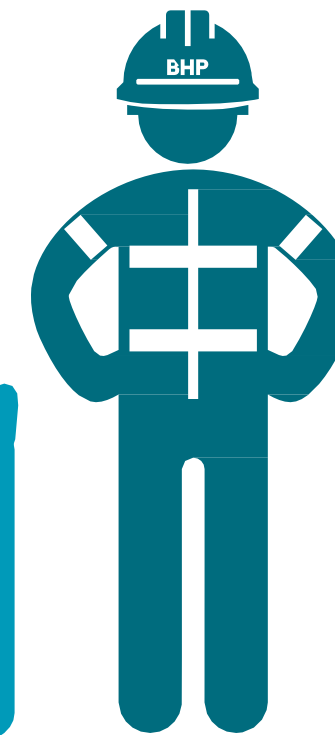
What is mindfulness and why it's good for you?

Mindfulness is a technique to calm your mind and focus it in the present, through simple exercises that anyone can master. It benefits your wellbeing, improves your attention and productivity, and helps develop healthy social and emotional skills.



Reflection question
What helps you to be more mindful?

Learn more about techniques to assist in BHP resilience program



The human mind has a tendency to focus on the past and in the future.

Studies also show the mind has a negative bias.

This tendency can lead to anxiety, stress and other mental health problems.

Mindfulness trains our mind to break the cycle of stress and negativity.

Mindfulness tips:

1. Your Breathing is a powerful tool. Whenever you notice physical or mental signs of stress, take a minute to focus on your breathing making deeper inhales and exhales.
2. Don't expect to get your mind blank, slowing down your thoughts is good enough.
3. Use your senses to focus on the present. Concentrate on what you can see, hear, smell and feel.
4. Do one thing at a time, avoid multitasking
5. Stay tuned to your body, live in the present.
6. Negative thinking is normal when you are stressed, don't believe everything your mind says when you are overwhelmed.