

Mindfulness

Mindfulness is about gentle awareness and self-compassion.



Mindfulness involves:

- Focusing on the here and now, rather than worrying about the past or future
- Noticing thoughts, feelings, and physical sensations without judging them
- Bringing a sense of calm and acceptance to each moment

Mindfulness does not mean “positive thinking” or ignoring difficulties — it means meeting experiences as they are.





- Reduce stress and anxiety
- Manage difficult emotions, such as fear or low mood
- Improve sleep and relaxation
- Cope with pain, fatigue, or discomfort
- Feel more grounded and in control during uncertain times

- Mindful breathing – gently focus on your breath coming in and out
- Body awareness – notice sensations in your body without trying to change them
- Mindful moments – bring attention to everyday activities, such as drinking a cup of tea or taking a short walk
- Guided mindfulness – listen to short audio exercises if that feels easier

Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

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You are not alone. Support is available.