



Staying Mindful in Everyday Life

Doing vs Being

Within a fast-paced, busy or hectic environment it can be natural for us to fall into 'doing' mode, through practicing mindfulness and noticing how you are feeling and your surroundings you can move into 'being' mode. At times it may be appropriate for you to be in 'doing' mode but to have 'mindful moments' whilst in 'being' mode can reduce stress and improve wellbeing.

Signs of the 'doing' mode

- Judgement (what *should* have happened)
- Self-criticism
- Problem solving
- Speculating
- Reactive behaviour
- Living in the past or worrying about the future

Signs of the 'being' mode

- Non-judgement (staying open-minded)
- Acceptance
- Living in the moment
- Attention (staying focused)
- Responsive behaviour
- Not getting absorbed into unwanted emotions

