

TOUGH TALK TOOLKIT



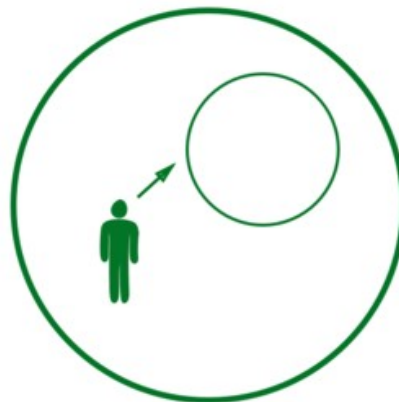
MINDFULNESS

A way to observe thoughts & focus attention

WITHIN THOUGHT



OBSERVING THOUGHT



DID YOU KNOW?

Unhelpful thoughts, such as worrying about the future and regretting the past, can produce unnecessary suffering. Learning to observe thoughts gives us the choice to let these thoughts go and focus on our day to day lives.

1. Notice

Focus your attention on your mind and notice what you're thinking. A new thought is often signalled by a shift in the way you feel.

2. Observe

As you focus on a thought, hold a balanced mental state by not pushing the thought away nor letting yourself be pulled into it.

3. Focus

From the position of observing a thought, choose where to focus your attention - body sensations, like breath, or sensations from situations happening around you.

Remember with any experience, pleasureable or painful, "this will pass". Try to fully embrace the experience at the time; not holding on to pleasure nor avoiding pain.