**TRAINING OF CORE TRAINERS OF CLINICAL PRACTICE GUIDELINES OF MAJOR DEPRESSIVE DISORDERS, 2ND EDITION, 2020**  
**MINDFULNESS**

As you see the image of a butterfly, I am inviting you to imagine holding a butterfly inside your palms.

Mindfulness means you are paying attention to the present moment, without being judgemental, but with kindness.

Mindfulness means you are paying attention to something which is happening right now, and you are going to hold that attention lightly, gently, kindly, just like you are holding a butterfly resting in your hands.

In day to day mindfulness practice, it involves paying attention or attending to your feelings, to your thoughts or your sensations with kindness, not trying to judge, resist it or control it or change it but simply to acknowledge their presence with kindness.

The aims of mindfulness may not be relaxation, if you achieve relaxation that’s secondary and a bonus, because mindfulness is to create deeper self-awareness, self-acceptance and self-compassion, among others.

I invite you to do some brief mindfulness practice of your sensation, breathing and then mindfulness of your thoughts and feelings.

**BRIEF 5-MINUTE MINDFULNESS PRACTICE**

**(Pause means pausing for a duration of 2-3 seconds)**

I invite you to sit comfortably with your feet flat on the floor and your back straight, and either fix on a spot or close your eyes. And bring your attention to your body’s contact with the environment. Feel yourself sitting on the chair, feel your feet on the ground, feel the bend of your joints and feel the clothes on your skin.

Then pay your attention to the sounds of the room that you hear. Now bring your attention to your breathing and observe it as if you’re a curious child who has never encountered breathing before. (pause) Notice the air as it comes in through your nostrils, and out of your nostrils ... notice as you breathe in, the air goes down to the bottom of your lungs (pause)

And notice it as it flows back out again (pause )  
Notice the subtle rise and fall of your shoulders (pause)  
And the gentle rise and fall of your rib cage (pause)  
And the rise & fall of your abdomen (pause)  
Fix your attention on one of these areas, whichever you prefer: on the breath moving in and out of the nostrils, on the rising & falling of the ribcage, or the shoulders or the abdomen (pause)  
Keep your attention on this spot, noticing the movement - in and out – as the breath comes and goes (pause)

Notice whatever feelings, urges or sensations arise, whether pleasant or unpleasant, or perhaps you are feeling nothing, or feeling numbness, or boredom or impatience, just gently acknowledge them - as if you are letting a butterfly staying in your hands when they come, gently acknowledge their presence, and let them stay and go in their own good time. (pause)

And bring back your attention to your breathing. Simply allow your natural pace of breathing. (pause)

When your mind wanders as it will surely do, just notice whatever thoughts, images, or memories showing up. They may be comfortable or uncomfortable, they may be judgements, plans, worries, just simply acknowledge them and allow them to be, with kindness. Nothing to fix, nothing to solve, just let them come & go as they please, and bring back your attention to your breathing. (pause)

Simply allow your natural pace of breathing (pause)

And now take a moment to acknowledge, there’s a part of you that’s doing all this noticing   
As you notice your sensations, feelings and thoughts, be aware you’re noticing  
There are sensation, feeling and thoughts, and there’s a part of you noticing. (pause)

When you are ready to end this exercise, pay your attention to your breathing for a few moments, open your eyes, focus on the room around you and go on with your day.

*Adapted from Dr Russ Harris’s ACT Made Simple and ACT Coach Mobile Application*

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