



Educational leaflet · 01

How to practise mindfulness

Mindfulness is the ability to be here and now, with openness and without judging. It is bringing your attention back from the past and future to what is happening in this moment. In recovery it helps you notice emotions and cravings before they take control of your life.

01

Mindful breathing

Sit comfortably and, for 3 minutes, watch your breath: cool air on the in-breath, warm air on the out-breath. When your thoughts drift away, gently return to the breath, without judging.

02

Body scan

Move your attention from your feet up to the top of your head, noticing tension, warmth, tingling. Don't change anything, just notice. You can try to direct your breath towards the places that especially draw your attention. Feel your whole body soften.

03

The 5-4-3-2-1 technique

Name 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell and 1 taste. An effective way to ground yourself in moments of anxiety.

04

Mindful walking and eating

As you walk, feel your feet meeting the ground and the rhythm of your steps. As you eat, notice the taste, smell and texture. Everyday activities become a practice.

Mindfulness is not switching off your thoughts, but noticing them and gently returning to the present moment. Even 5 minutes a day makes a difference, and regularity matters more than length. Be patient with yourself: distraction is a natural part of the practice, not a mistake.

A short practice, 3 minutes for yourself

You can do it at any moment of the day: by a window, in the garden, before a session or when you feel tension.

1 · Notice

Pause and ask: what am I feeling now, what am I thinking, what is happening in my body? Don't judge, just notice.

2 · Breath

Bring all your attention to six calm breaths. This is your anchor in the present moment.

3 · Expand

Widen your attention to your whole body and surroundings. Return to your day with a little more calm.

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anxiety

racing thoughts

craving or temptation

a strong emotion

trouble sleeping

irritability

a sense of overwhelm

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