

# Mindfulness: 5 Steps to Enhance Overall Well-Being



**Mindfulness means you stay entirely in the present moment. You observe your thoughts, emotions, bodily sensations, and surroundings without judgement.**

When you provide home-based palliative care, you play a significant role in supporting patients and their caregivers facing serious, life-limiting illness and navigating emotional complexities. Being emotionally self-aware enables you to recognize and understand your own feelings and how they can influence your thoughts and behavior. This awareness is crucial when supporting patients and their families in sensitive and emotional situations.

## Be Mindful and Emotionally Self-Aware

Make a conscious effort to engage with the present moment. Acknowledge your thoughts, emotions, and physical sensations, as well as your surroundings, without hastily reacting. Regularly practicing mindfulness can markedly enhance your emotional intelligence and personal well-being.

### ‘Mindful Moments’: A Five-Step Practice

Embrace the "Mindful Moments" practice to reduce stress, enhance performance and increase attention to the well-being of others.



**LOOK**  
**1**

**Glance around.**

What colour or shape catches your eye? Don't think about it too much, just see it.



**FEEL**  
**2**

**Feel the air touching your face.**

Is it warm or cool? Don't describe it, just feel it.



**LISTEN**  
**3**

**Hear any sound that's around you.**

It could be anything—a fan, people talking, or just silence. Just let the sound be there.



**SMELL**  
**4**

**Take a gentle breath in and out.**

Do you notice any smell? It doesn't matter what it is, just be aware of it.



**TOUCH**  
**5**

**Touch something close to you—your clothes, a chair, anything.**

Don't think about it, just notice what it's like under your fingers.