

Many people find themselves living on “autopilot”, exhibiting habitual reactions ingrained by experience. Being on autopilot may reflect feeling constantly “switched off” or numb, or simply going about our days with very little intentionality or active choice regarding our emotions.

This mindset can lead to a variety of unhealthy thinking patterns such as depression, anxiety, perfectionism, or unrelenting standards for ourselves and others. It may also manifest itself in behaviours like alcohol misuse, prescription drug dependency, or obsessive-compulsive disorder.

WHAT IS A MINDFULNESS DISC?

A mindfulness disc is a simple sensory tool used to soothe stress and anxiety, and help focus our minds on the present. It is a versatile aid for self-calming and meditation. The other side of this card explains some mindfulness techniques that can assist you.

HOW TO USE YOUR MINDFULNESS DISC

Rub it when you are feeling stressed or anxious.

Research has shown that physical activity - even slight touch or movement - can interrupt the brain playing negative thoughts. Rubbing the mindfulness disc gently between the thumb and forefinger is a discreet, quick and inexpensive way to help calm frazzled thoughts and nerves.

Carry it with you.

Emotional self-regulation is a skill that can be learned. Once you have practiced setting aside negative thoughts and feelings, an object such as a mindfulness disc can be a useful aid in helping you activate this skill. Psychologists explain it as being reminded of what relaxation feels like once you see and handle your mindfulness disc.

Meditate with your mindfulness disc.

Rubbing the mindfulness disc helps focus the mind and reduce distractions. You may like to use it when engaging in a guided meditation. These can be found online or through an app like Headspace.