

Mindful Swimming

My approach to 'Mindful Swimming' is quite informal and draws upon techniques, which people can use at any point in their everyday lives. I am interested in this informal approach to mindfulness, as an alternative to formal meditation, as it's much easier to fit in to our fast paced lives.

Swimming is a time that I find the space to really focus on mindfulness and of course it can be a naturally mindful activity in itself. I've now built up an association of this being a time where I can stop and really focus on being 'in the moment', being 'present', which is what mindfulness is all about. I hope you will find the following useful whether you use this whilst swimming or just in your every day life.

It uses the 5 senses and it's not necessary to follow it exactly step by step. Also you don't need to 'label' what you notice, e.g. by saying to yourself 'I can see the pier'. Instead, simply notice what you see and take in as much detail as you can, e.g. the colours, the shadows etc.

Mindful Swimming using the 5 senses

1. Look around and notice 5 things that you can see. For example, the pier, clouds, waves, seagulls, your hands.
2. Notice 4 things that you can feel. This could be the texture of what you're wearing, the water against your skin, how your hands and feet feel, the breeze against your skin.
3. Listen and notice 3 things you can hear such as the waves lapping, the birds and any traffic.
4. Notice what you can taste such as the current taste in your mouth, the salt on your lips or anything else you can sense when you open your mouth.
5. Lastly notice 1 thing you can smell such as the salty sea air we all know and love!

Happy mindfulness everyone- be here now!