

Smoke consciously to give up



A Pick up the packet and really feel the shape and smoothness.



A Take out a cigarette and study it, focusing on the taste, smell and feel of it.



A Look at it as if you'd never seen a cigarette before.



△ Feel the cigarette in your hands and between your lips.



▷ Focus totally on it, right up until you slowly and mindfully stub it out.

△ Light the cigarette.

t If you want to give up smoking, try smoking consciously. Pick up the packet. Hold it between both hands, really feeling the shape and smoothness. Take out a cigarette, look at it as if you'd never seen one before, feel it in your hands and between your lips. Don't smoke while you're doing anything else, but focus on the taste, smell and feel of it right up until you slowly and mindfully stub it out. Believe it or not, this has helped many people give up.

- Make sure you have time to sit down to a meal, then look at the food, smell it and notice how it makes you feel. Eat slowly and with pleasure, enjoying the texture as well as the taste, noting any memories or concerns that come to mind, but without dwelling on them.

The road to serenity

Mindfulness makes it easier to concentrate as well as preventing stress building up. After you've been practising for a while, so you're not distracted by doing things in this new frame of mind, try it when you are driving.

Keep your attention on all the things you need to do to drive safely, looking out for pedestrians and other traffic. Be aware of your own movements, your hands on the wheel, your feet on the pedals, instead of worrying about the time or other people's behaviour. Make this the best drive you are capable of.

