



trending with Cathy

MINDFULNESS

The challenge of being mindful in a fatigued, hyper-connected and frenzied culture

Mindfulness is the art of untangling our minds and being fully present in the current moment! It is not complicated and it is something we can all do – simply take the time to notice things by paying attention. Stand back and be aware, sharpen your focus on what's happening right now.



*Simply Mindful

Here are few basic tips for daily mindfulness:

- Meditate every day: Make some quiet time for yourself, even if it is a short time, and stop and pay attention to your breathing. Be purposefully aware.
- Take a Hot Yoga class.
- Have a gadget free hour a day – no smartphone, ipad, laptop ...
- Get outdoors – go for a walk, run, hike or swim and take in

the environment. Be conscious of every step and breath you take and resist the temptation to Instagram it.

- Commit an act of gratitude – big or small – there is always someone to appreciate or something to be thankful for.
- Genuinely partake in an act of kindness – a simple smile can have a profound impact on how we and others feel.
- Aim to be less reactive and more responsive.



***Mindful Family:** Less time in the kitchen means more time for your family and yourself. The Wonderbag allows you to spend less time preparing and cooking meals, which enables you to be more mindful of your parenting responsibilities. In addition, it saves energy and water, making cooking more efficient and environmentally aware. What's more, it can also be used to keep food chilled. **R350, available from www.yuppiechef.co.za**

“The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers” *Thich Nhat Hanh*



***Mindful Snack:** Edamame beans are the new rage. Eda-who? Young soybeans still in the pod. The real secret – they are yummiier than they sound, a great snack, and are a mindful way of supplying your body with protein. Lightly boil the pods in salted water and sprinkle with coarse salt. Using your fingers squeeze the seeds directly from the pods into your mouth. A great way to wow your guests at your next dinner party. **Edamame beans, available from Food Lover's Market. www.edamame.co.za**



*Mindful Inspiration:

- **MINDFULNESS FOR BUSY PEOPLE** by Dr Michael Sinclair and Josie Seydel. R160, Bargain Books
- **MIND WHISPERING** by Tara Bennett-Goleman. R270, Bargain Books
- **SANE NEW WORLD** by Ruby Wax. R257, www.kalahari.com
- **THE MINDFUL CHILD** by Susan Kaiser Greenland, R194, Exclusive Books



Picture: Karen Swanepoel

***Mindful Drink:** Audacia Wines from Stellenbosch have launched a unique “No Sulphites or Preservatives Added” Merlot. The use of Rooibos and Honeybush wood in the wine-making process creates a light, graceful red wine alternative, free of traditional amounts of allergy-inducing preservatives. The use of local indigenous wood instead of imported wood also makes it a more sustainable and environmentally friendly choice. **R180 a bottle, available from www.audacia.co.za**



***Mindful Environment:** Being mindful of our environment is becoming an important part of our culture. This increased awareness has given upcycled furniture and accessories a noticeable space in interior design. The most popular items are reclaimed wood for flooring and furniture, and upcycled glass or repurposed containers for light fittings.

Artwork by David Ballam framed in re-claimed timber, available from Weylandts
Windowsill herb boxes from Sultree. Email liezleeeyn@hotmail.com
Retro jar pendant lampshades, from R395, available from Weylandts