



What is mindfulness?

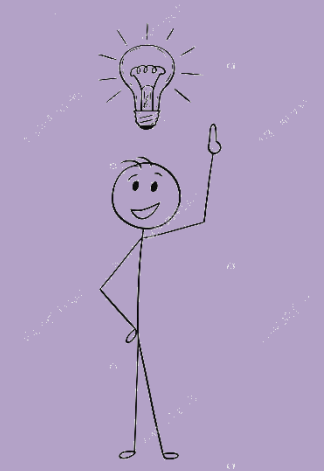
The dictionary says:

The quality or state of being CONSCIOUS or AWARE of something



What that actually means:

Spending time doing what you LOVE while being GRATEFUL for everything you have



Why is mindfulness important?

For you...

- Increased calmness
- Self-awareness
- Reduced anxiety
- Better sleep



For work...

- Better concentration
- Stronger focus
- Clearer mind

For others...

- Gratefulness
- Increased empathy
- Feeling thankful

Where to start?

You are already doing it!

- Enjoy cooking
- Spend time outside
- Call a friend
- Read a book



Do something new:

- Try a new recipe
- Plant something in the garden and watch it grow
- Write a letter instead of using technology
- Start a new hobby

LET US HELP YOU!



Here are some ways to practice mindfulness, either independently or with your family...

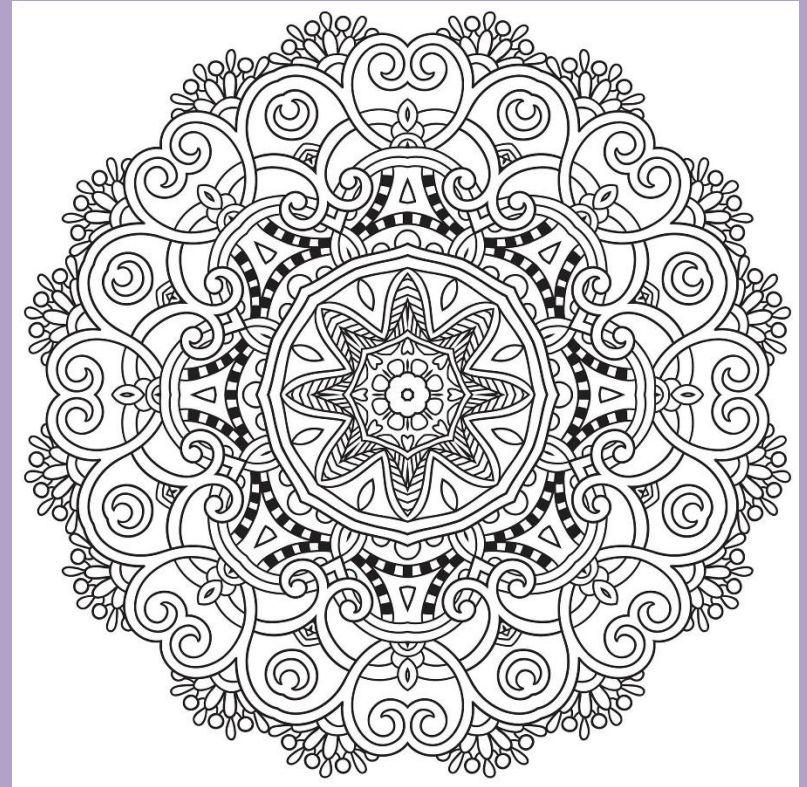


COLOURING MANDALAS

Colouring intricate patterns can be relaxing and distracting.

They are easy to find online but here is a link to get you started.

<http://www.supercoloring.com/coloring-pages/arts-culture/mandala>

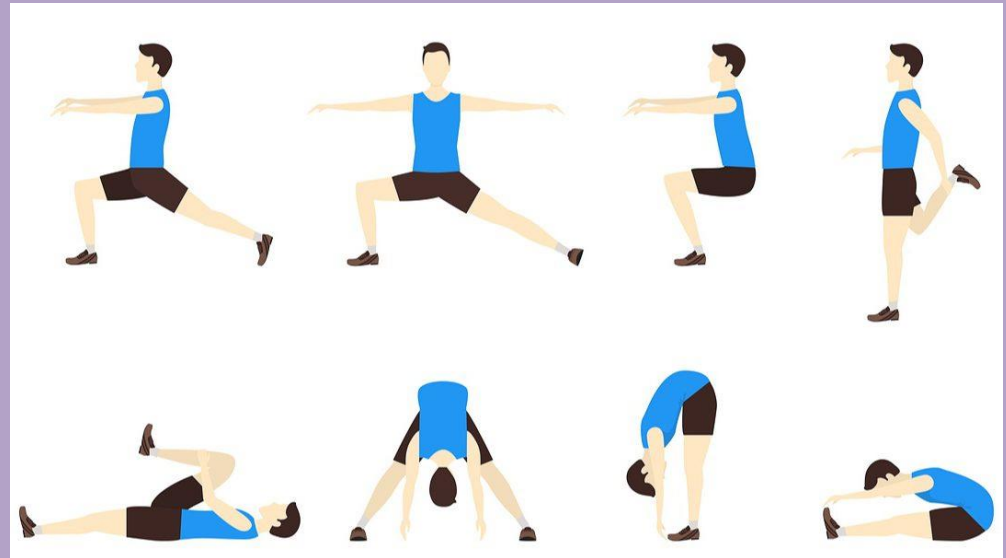


STRETCHING

Doing some stretching and breathing right after you wake up in the morning, will energize you and center you for the day ahead.

You don't need to leave your house for this one, but it can be fun to use the garden too.

YouTube is full of tutorials to get your body moving, without raising your heart rate.



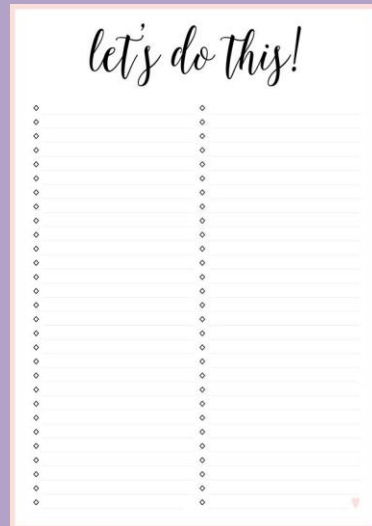
Could you make up your own stretching routine?

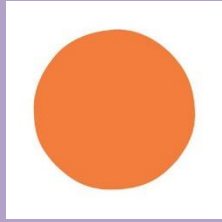
LISTS

This method of mindfulness is one of the easiest because you are in control!

Writing down lists can help you be more aware and grateful for what is around you.

- 3 things that you have accomplished this week
- How many colours can you see where you are sat right now?
- Sitting in the garden with your eyes closed: what can you hear?
- Write down a list of colours, textures or items, then venture around your house or garden and see if you can find them!
- Be creative, what can you come up with?





HEADSPACE

Download the app or follow this link

<https://www.headspace.com/headspace-meditation-app>

- 10 free mindfulness and meditation exercises with audio and images, more available with subscription.
- Designed to fit around your everyday life and into small pockets of time or on the go.



CALM

Download the app or follow this link

<https://www.calm.com/>

- A range of guided audio meditation, relaxation and mindfulness tracks and exercises.
- You can choose calming scenes to put on your phone/tablet/TV screen e.g. a beach at sunset.



STOP, BREATHE & THINK

Download the
app or follow this
link

<https://www.stopbreathethink.com/>

- 34 free meditations, plenty more if you like the app and want to subscribe.
- Short mindfulness and meditation exercises with clear, helpful images.
- Different audios depending on your mood.
- You can rate your mood before and after, therefore keeping a track of your feelings.



NATURE SOUNDS RELAX AND SLEEP

Download the
app or follow this
link

<https://www.psyberguide.org/apps/nature-sounds-relax-sleep/>

- A range of sounds e.g. jungle, ocean, rain.
- Initially free but the things like the timer only work if you upgrade to the premium subscription.



SANVELLO

Download the
app or follow this
link

<https://www.sanvello.com/>

- Tracks your mood and wellbeing including sleep, diet, exercise, mood.
- You can set daily goals, record thoughts, access relaxation techniques and connect with others.
- Includes some cognitive behavioral therapy techniques.

What do you do each day to make sure you are mindful?



HELPING HANDS



LISTEN TO OTHERS



MEDITATION TRAINING



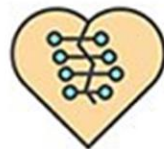
STRESS AND LIFE PROBLEMS



BETTER COMMUNICATION



SELF ESTEEM AFFIRMATIONS



POWER OF FORGIVENESS



COMPASSION FEELINGS



GROUP OF FRIENDS



CHARITY AND DONATION