



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...



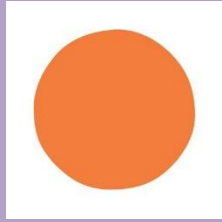


STOP, BREATHE & THINK

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.



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.



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/>

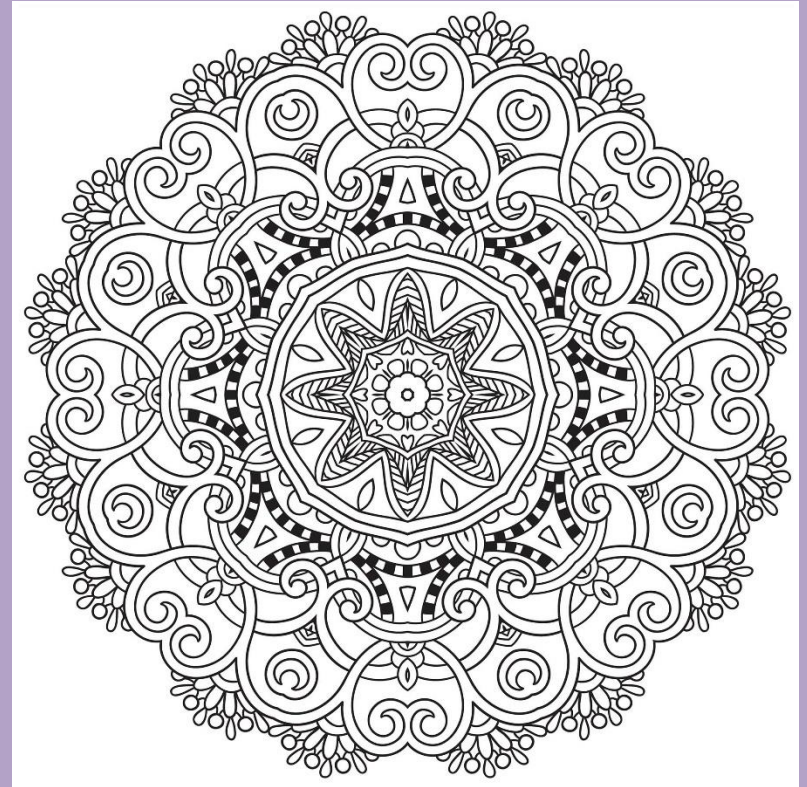
- Tracks your mood and wellbeing including sleep, diet, exercise, mood.
- You can set daily goals, record thoughts, access relaxation techniques and connect with others.
- Includes some cognitive behavioral therapy techniques.

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>

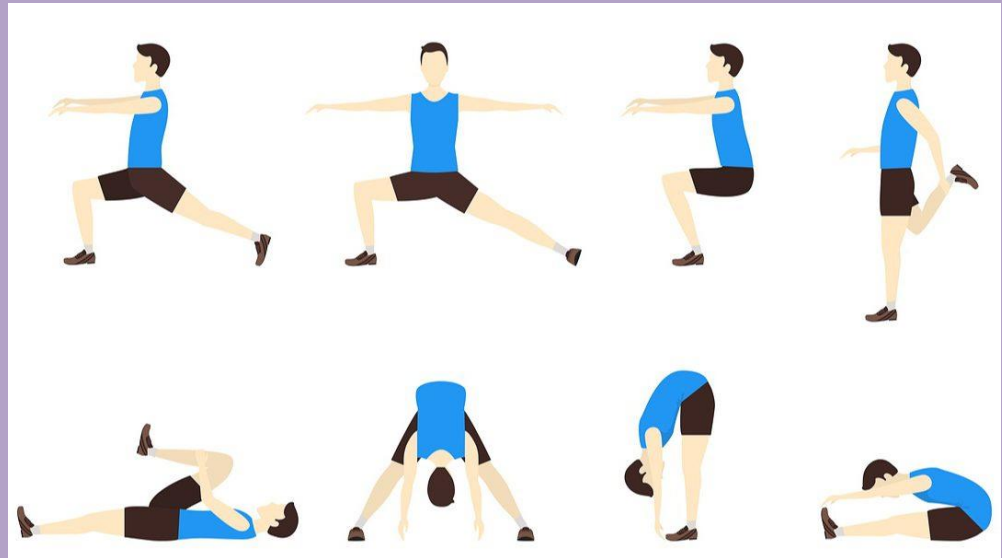


STRETCHING

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.



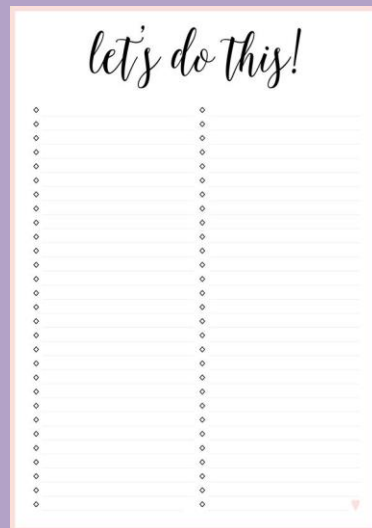
Could you make up your own stretching routine?

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?



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



HELPING HANDS



LISTEN
TO OTHERS



MEDITATION
TRAINING



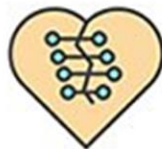
STRESS AND
LIFE PROBLEMS



BETTER
COMMUNICATION



SELF ESTEEM
AFFIRMATIONS



POWER OF
FORGIVENESS



COMPASSION
FEELINGS



GROUP OF
FRIENDS



CHARITY
AND DONATION