Safeguarding
and Wellbeing

A GUIDE FOR MINDFULNESS

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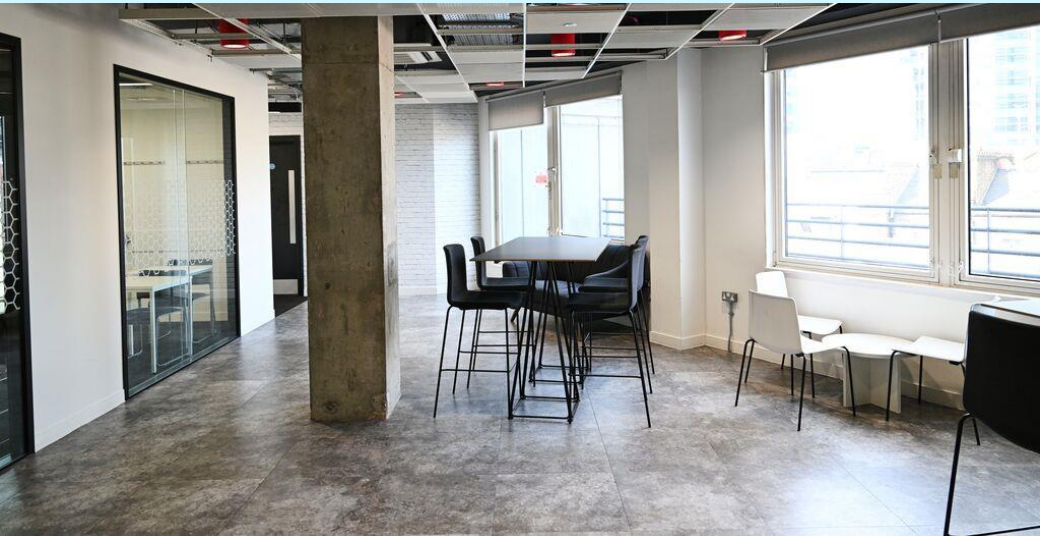
WHAT IS MINDFULNESS?

Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) - without judging anything. It has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs, to try it.



It aims to help you:

- Become more self-aware
- Feel calmer or less stressed
- Feel more able to choose how to respond to your thoughts and feelings
- Cope with difficult or unhelpful thoughts and be kinder towards yourself

The theory behind mindfulness is that by using various techniques to bring your attention to the present (usually by focusing on your body and your breathing), you can:

- Notice how thoughts come and go in your mind. You may learn that they don't have to define who you are, or your experience of the world, and you can let go of them.
- Notice what your body is telling you. For example, tension or anxiety can often be felt in your body (such as a fast heartbeat, tense muscles or shallow breathing).

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Mindful Eating

This involves paying attention to the taste, sight and textures of what you eat. For example, when drinking a cup of tea or coffee you could focus on how the hot liquid feels on your tongue, how sweet it tastes or watch the steam it gives off.

Mindful Moving, Walking or Running

Notice the feeling of your body moving. You might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces, and the different smells that are around you.

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Body scan

This is where you move your attention slowly through different parts of the body, starting from the top of your head moving all the way down to the end of your toes. You could focus on feelings of warmth, tension, tingling or relaxation of different parts of your body.

Mindful Art

Focus on the colours and the sensation of your pencil against the paper, rather than trying to draw something in particular. You could use a mindfulness colouring book or download mindfulness colouring images.

Mindful Meditation

This involves sitting quietly and focusing on your breathing, your thoughts, sensations in your body and the things you can hear around you. Try to bring you focus back to the present if your mind starts to wander. Many people also find that yoga helps them to concentrate on their breathing and focus on the present moment.

If you're interested in Mindfulness, check the internet for further information and exercises and resources or download the Wisdom App.' (Link to app: Wisdom , Code to use to register: MHA339939)