



WHAT IS MINDFULNESS?

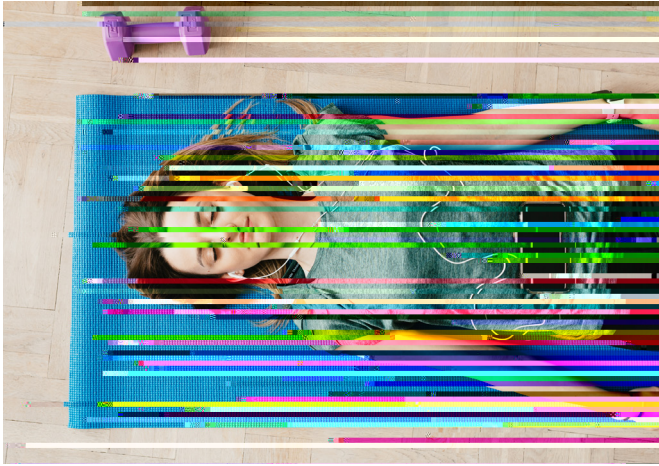
Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) - without judging anything. It has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs,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

It aims to help you:

- Become more self-aware
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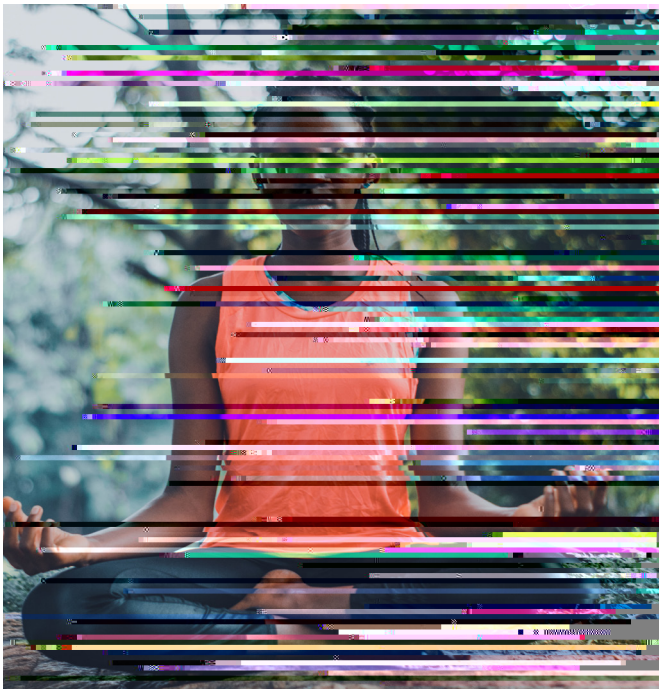
Body scan

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 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 your 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.

Mindful colouring and drawing

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.





GET IN TOUCH

If you're interested in finding out more information, please contact the Welfare Team on 0121 756 9578 or email: