



Mindfulness

- Erin Heymann -

Aim:

- For learners to consider mindfulness techniques and have the ability to use them in their daily lives

Objectives:

- To recognise the **7 key principles** of mindfulness
- To explain the different **techniques** of mindfulness
- To **demonstrate** mindfulness techniques during an activity
- To **analyse** the effectiveness of mindfulness in practice
- To **evaluate** the different techniques available
- To **create goals** based on the concept of mindfulness

Purpose

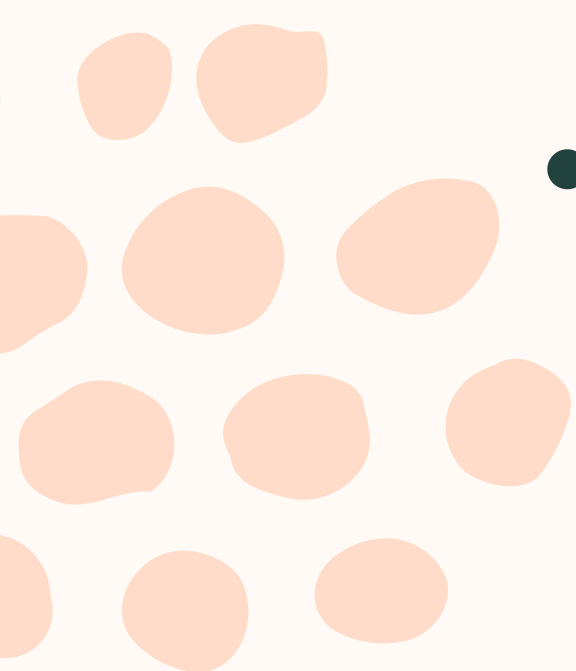


5 Steps to Mental Wellbeing - NHS

1. CONNECT WITH OTHER PEOPLE
2. BE PHYSICALLY ACTIVE
3. LEARN NEW SKILLS
4. GIVE TO OTHERS
5. **PRACTICE MINDFULNESS**

- These '5 ways' are part of a wider initiative by the NHS to increase wellbeing considerations for individuals, communities and policy making





What is Mindfulness?



- As a group, come up with a definition

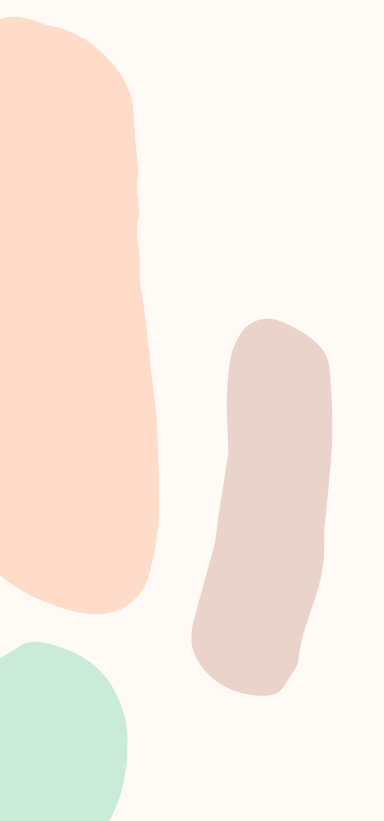


BUDDHIST

A journey toward enlightenment, and the concept of “sati,”—which encompasses attention, awareness, and being **present**.... being alert; being ardent; being intent; and experiencing with comprehension. [Tricycle.org](https://tricycle.org)

PSYCHOLOGICAL

A technique you can learn which involves noticing what's happening in the **present** moment, without judgement. You might take notice and be aware of your mind, body or surroundings. [Mind.org](https://mind.org)



NHS

Paying more attention to the **present** moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. www.nhs.uk/mental-health



7 KEY ATTITUDES (PILLARS/PRINCIPLES)

1. **Non-judging** - Be impartial to your experience. Become aware of the constant judging and reacting within
2. **Patience** - Accepting and allowing for things to happen in their own time
3. **Beginner's Mind** - Be receptive to new possibilities and opportunities for learning
4. **Trust** - Be receptive to what you learn from others but trust in your own intuition
5. **Non-striving** - Pay attention to and accept the present
6. **Acceptance** - See things as they are. Accept your current situation
7. **Letting go** - In paying attention to our inner experience, we discover thoughts and emotions our mind is holding onto. Let your experience be what is right now



3 COMPONENTS

Within that concept, there are **three components** of mindfulness:

1. **Intention** - choosing to cultivate your awareness.
 2. **Attention** - to the present moment, sensations, and thoughts.
 3. **Attitude** - being kind, curious, and non-judgmental
- 

Effects

- **Physical Health** e.g. chronic pain; immunity; Clinical symptoms and disease-specific outcomes; Health behaviours
- **Mental Health** e.g. Depression; Anxiety symptoms; Addictive disorders; Cognitive behavioural therapy
- **Cognitive and Affective Outcomes** e.g. sustained attention, task switching, working memory
- **Interpersonal Outcomes** e.g. relationship satisfaction and positive social behaviours



Techniques

- Can you think of some techniques?



Techniques

- Yoga
- Meditation
- Journalling
- Internet and smartphone apps
- Walking
- Art (painting, drawing, crafting)

As a group, can you think of some more **accessible** ways of practicing mindfulness?

Consider these 2 principles:

- **Patience** - pay attention to your senses
- **Beginner's mind** - change of perspective



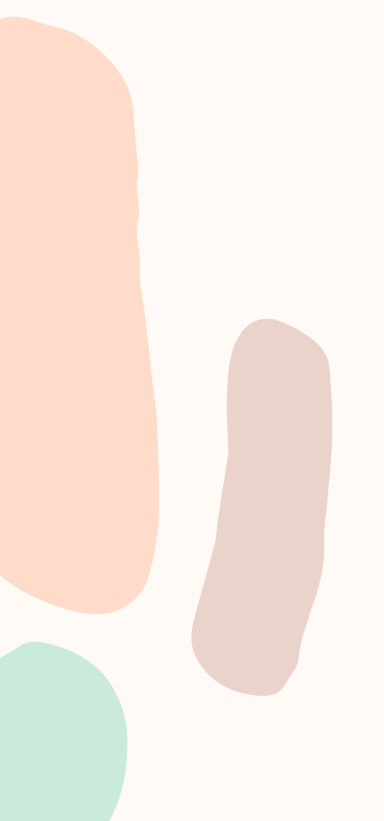
Activity

- Bracelet making: collect your materials and sit away from the group



Consider: A RECENT MOMENT OF STRESS

- What happened:
 - **Before**
 - **During**
 - **After**
- **Reflect** on your **feelings** and **reactions**
- Are there any **patterns**?



By becoming **aware** of ourselves, we gain control over these actions and reactions

Your feelings



<https://forms.office.com/e/zZBUkVvXzf>



Creativity

There are **3 main ways** we use **creativity** to cope with our **emotions**:

1. **A distraction tool** (we use it to avoid stress)
2. **A contemplation tool** (we use it to give our minds the space to reassess problems and make plans)
3. **A self development tool** (creativity builds confidence and self esteem)

- There are benefits to regularly doing creative activity but the emotional **benefits** appeared after just a **single** session.
- Doing an activity for more than 10 years leads to **less effective** regulation of negative emotions so we should always aim to **try new things**.



Task

- Create a personal goal/s you can achieve through mindfulness



Quiz

Mindfulness Quiz



<https://forms.office.com/e/38QaGG5qbi>



At home

Apps:

- Headspace
- Calm
- Simple Habit

Link to this PowerPoint, materials
created and sources used on teams

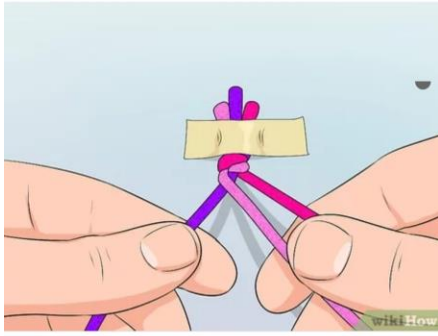


The background features a large, soft, orange watercolor wash in the center. In the top-left and bottom-right corners, there are clusters of small, vertical brushstrokes in muted orange, teal, and brownish-grey. The overall style is soft and artistic.

*Thank
you*

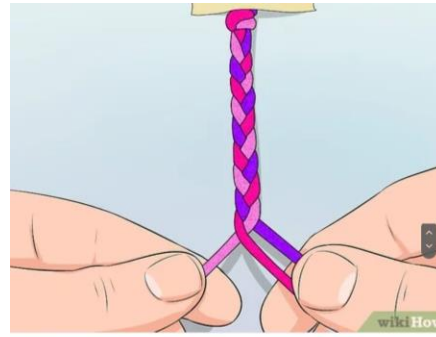
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1 Start The Braid

- Take the left string and cross it over the middle string.
- Take the right string and cross it over the new middle string.
- Treat each colour as a single string.



2 Maintain a Consistent Tension

- Tug the strings to tighten as you braid.
- Repeat the process until you reach halfway.



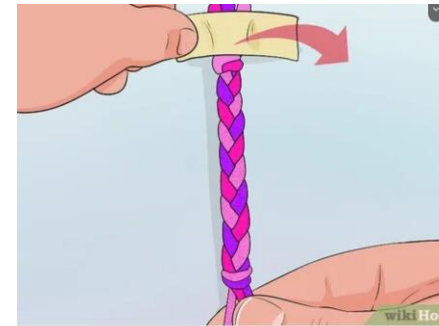
3 Add your Crystal

- Tie a knot at the halfway point.
- Add the crystal onto 1 of the 2 middle strings.
- Tie a knot on the other side, making sure the crystal is tightly secured.



4 Continue Braiding

- Repeat braiding as in steps 1-2 until you reach 1 inch from the end.
- Tie a knot at that point.



5 Tie into a bracelet

- Remove your tape from your braid.
- Tie your 2 ends together in a knot
- Finished!



Coffee Agate
Stability + Success



Lapis lazuli
Wisdom + Clarity



Green Agate
Tranquility + Compassion



Pink Cat's Eye
Luck + Intuition



Fancy Jasper
Balance + Stability



Black Agate
Strength + Cleansing



Purple Agate
Strength + Courage



Turquoise
Purification + Truth



Rose Quartz
Love + Peace



Moonstone
Dreams + Energy + Passion