

Heads Up for Wellbeing – Mindfulness



Important facts about mindfulness

- Mindfulness is an approach to helping people with their mental health and wellbeing. It focusses on getting the person to become more aware of their present moment and help them manage their feelings and thoughts by becoming more aware of what these are as well as more aware of their body sensation and surroundings. This is help avoid the person becoming overwhelmed and can help give a better insight into our emotions, helps with attentions, improves concentration and can lead to having better relationships. As this approach is being more widely used there is some growing evidence that would suggest that mindfulness has had a positive impact on mental health and wellbeing.

What signs might suggest that someone would benefit from mindfulness?

- They are unable to manage their thoughts and emotions
- Daily stresses begin to overwhelm them
- They are unable to cope or deal with negative or unhelpful thoughts
- If the person struggles with depression, anxiety or stress
- The person goes from activity to activity without slowing down
- They are constantly distracted
- They worry a lot about the future

Examples of how mindfulness has helped people

Self help

"Mindfulness is a skill. It requires work like any therapy and practice like any skill. It isn't a shortcut and courses only set the scene, but I find it enjoyable and rewarding. Most of all I find it brings some peace into my life."

"When I feel anxiety building, mindfulness helps me to keep calm by becoming more in touch with the situation."

"Mindfulness does help me with my mental health issues. It's not the cure and it won't work every single time, but it has helped me to alleviate anxiety and depression by centring my thoughts."

Taken from mind.org.uk

Here are some simple mindful breathing exercises



Self help

Take a few minutes at a time throughout your day/each day to try some out some of these breathing techniques:

Deep breathing – Breathe very fully into your belly and then exhale fully.

Mindful breathing – Breathe as normal, but as you do this try to focus on what you feel in your chest or your belly as you breathe in and out and how it feels as the goes in and out of your body.

Counting breaths – As you breathe count them

2-4 breathing – Inhale for two seconds and then immediately exhale for four seconds

Mindful – online resources and websites

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

- Information about what mindfulness is, how it works and who it is for

www.mindful.org

- Lots of information about mindfulness
- Sign up for newsletters
- Information about how to use this with kids
- Online courses

Mindful apps

- Calm
- Headspace
- Mindfulness Coach