



# Supporting your wellbeing

Session 4: Mindfulness

# SUMMARY OF TOPICS

Introduction to basic mindfulness

Aims of mindfulness

General guidance

Mindful attention awareness scale

Difference between mindfulness and meditation

Practical activities



Take a look around you,  
and pay attention to  
what you can see and  
hear.

Make a note of this.

# MINDFULNESS

## GETTING STARTED

Paying attention and taking notice of the world around you and what is happening in the present moment is one of the first steps you can take to start practising mindfulness in your day to day life.

There are many ways that you can develop other mindfulness techniques.

Mindfulness can be a great tool to help to improve your mental wellbeing.



# AIMS OF MINDFULNESS

The overall aim of mindfulness is to help you to manage your day-to-day wellbeing, but it's important to remember that it doesn't work for everyone. It's also something that you may need to combine with other wellbeing techniques to make it work best for you.

- Help you to become more self-aware.
- Make you feel calmer and less stressed.
- Feel more able to choose how to respond to your thoughts and feelings
- Cope with difficult or unhelpful thoughts
- Be kinder towards yourself.



# Mindful Attention Awareness Scale

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Go through the  
questionnaire and make  
a note of your responses.

# SMALL STEPS TO MINDFULNESS



Go for  
a walk



Clean and  
declutter



Spend time  
with nature



Listen to music  
without distractions



Mindful  
colouring



# DIFFERENCE BETWEEN MINDFULNESS AND MEDITATION

Mindfulness and meditation are terms that are often used in the same context. You may have also heard of the practice of 'mindful meditation', so there are links between the two.

While there are some similarities between the practices, there are also key differences.



## MINDFULNESS

- The quality of being present.
- Paying attention to what is around us.
- Engaging with thoughts and actions.
- Awareness of feelings.
- Can be trained through meditation.

## MEDITATION

- A skill that needs to be learnt.
- Training the mind to be less distracted.
- Focused in the present moment.
- Can be guided or unguided.
- Helps you to find inner calmness.

# Practising Mindfulness

1. Switch off distractions such as the TV, music or phone notifications.
  2. Set a timer for 5 minutes.
  3. Sit with a straight posture.
  4. Focus on breathing in and out.
5. Your mind will start to wander – that's ok, just keep returning to the pattern of breathing in and out.
  6. Continue until the 5 minutes have finished.



# RELAXATION

Lots of mindfulness practices involve being relaxed. This is because being mindful is all about paying attention to your thoughts and feelings, which will often mean you need to be relaxed to really focus on being mindful.

If you feel you're not quite ready to try full mindfulness, then you could start with some basic relaxation exercises which can support good levels of wellbeing and reduce stress.

# Body Relaxation

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1. Lie down or sit with your back straight and your feet on the floor. Close your eyes or focus on a spot in the distance.
2. Start by clenching your toes as much as you can for a few seconds then releasing them. Notice the difference between the two feelings.
3. Match this to your breathing. Tense your muscle as you take a deep breath in, and relax as you breathe out.
4. Move up your body to your thighs, your stomach and all the way to your shoulders and hands, clenching and relaxing each muscle in turn. Take time to notice any parts of your body that feel tense, tight or tired. You can repeat if you still feel tense.
5. Take a moment to relax, then slowly and gently begin to move. When you feel ready, you can stand up slowly.

# MAKING THE MOST OF MINDFULNESS

*Further guidance available from  
[mind.org.uk](http://mind.org.uk)*



## PAY ATTENTION

As you go about your day to day life, try to really focus on your senses – what you can see, hear, smell, feel and taste around you.

# MAKING THE MOST OF MINDFULNESS

*Further guidance available from  
[mind.org.uk](http://mind.org.uk)*



## NOTICE

Your mind will wander when you try to practice mindfulness, that's completely normal. What's important is to pay attention to where your thoughts have drifted off to, as this might be a worry that needs addressing.

# MAKING THE MOST OF MINDFULNESS

*Further guidance available from  
[mind.org.uk](http://mind.org.uk)*

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## ACCEPTANCE

One of the key purposes of mindfulness is to enable you to engage with and understand your feelings, even if these are painful. Observe the way you are feeling, and try to accept and go with these feelings rather than fighting them.

# MAKING THE MOST OF MINDFULNESS

*Further guidance available from  
[mind.org.uk](http://mind.org.uk)*

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## REGULAR PRACTICE

Mindfulness can be a difficult practice to perfect, and that can result in many people giving up quite early on. But with regular short periods of mindfulness, even just a few minutes each day, you should soon start seeing results.



# MAKING THE MOST OF MINDFULNESS

*Further guidance available from  
[mind.org.uk](http://mind.org.uk)*

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## A COMFORTABLE SPACE

Try to find a quiet and safe space where you feel comfortable, and where you won't be disturbed.

# Mindful Colouring and Drawing



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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.

# FURTHER RESOURCES

## MIND.ORG.UK

Basic introduction to mindfulness and some exercises to try.

## HEADSPACE

A website and app that provides beginner and more advanced guides to meditation and mindfulness."

## MINDFUL.ORG

Introductory courses and guides to help you to become more mindful in every day life."



# THANK YOU

WE HOPE YOU FOUND THIS  
RESOURCE HELPFUL