



# Positive Mental Health and Well-being

Issue 4



Wonderful Well-being

## Mindfulness

Being aware and taking notice of surroundings & feelings. Learning to be relaxed and calm.

## Mindfulness

Mindfulness is the idea of learning how to be fully present and engaged in the moment, aware of your thoughts and feelings without distractions. Taking time out to notice all the things around you and giving you thinking time before making decisions. Practicing *mindfulness* can involve breathing exercises, guided meditation, and other activities that will help to relax the body and mind to help regulate feelings and emotions.

Have a look at our useful links for more information and activities you can do at home.



Have a look at these video on You Tube to understand a little more about mindfulness and simple ways to try it.

Everyday Mindfulness [www.youtube.com/watch?v=QTsUEOUaWpY](http://www.youtube.com/watch?v=QTsUEOUaWpY)

What is Mindfulness? <https://www.youtube.com/watch?v=kO5I0p3luiQ>

<https://www.nhs.uk/mindfulness/>

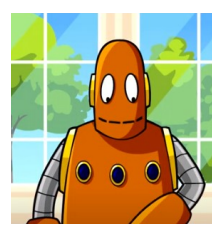
[BBC Bitesize Five ways to incorporate mindfulness into your child's day](#)



You Tube is a fantastic resource for online yoga, meditations, tai chi and other mindfulness exercises. There are 1000s of different guided videos for all ages and abilities.



[Cosmic Kids Peace Out](#) is a great resource on You Tube with loads of really good guided meditation videos for children (and grown ups) to aid mindfulness and relaxation.



[Why not join Moby for 5 minutes of yoga and mindfulness?](#)



## What is Tai Chi?

Tai Chi is made up of positions of your body which are linked by slow, graceful movements accompanied by breathing techniques that help you concentrate.

Why not try some of these short videos and see how calm and 'in the moment' Tai chi makes you feel.

<https://m.youtube.com/watch?v=aICP5R3EFxA>

Ask yourself where are you on the mood scale today?

- 1-3 Please talk to someone, parent/carer, older sibling, friend or a teacher about how you are feeling.
- 4-6 Try doing an activity from our website or visit the CalmZone /Anna Freud and hopefully this will help you back on track and move up a level!
- 7-10 You are feeling good, keep doing what you are doing! Share that smile!



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# 12 Ways to Practice Mindfulness



[www.thepathway2success.com](http://www.thepathway2success.com)

Spend time out in nature



Practice breathing techniques



Check in with your emotions



Practice "Mindfulness 5-4-3-2-1" with your senses



Take a mindful walk



Say positive affirmations

Spend time writing in a journal



Mindfully listen to music



Practice yoga or stretch



Draw, colour or doodle



Take photos



Garden or do yard work