



Mindfulness & Wellbeing



The definition of 'wellbeing' can vary widely, however most of the time it is defined as 'positive physical, mental and social state'.

We all want to feel good about ourselves, and to be able to function well as individuals and in our relationships. We want to feel valued, empowered and in control. We want to feel connected to our communities and our surroundings. We want to live life to its fullest and embrace every opportunity. Nonetheless, life can be stressful and it has its ups and down. However, having a good mental state, can help us to deal with the various challenges life can bring.



This leaflet has been produced to focus on mindfulness, whatever your age may be – because having a mentally healthier life, means we can actually improve our overall wellbeing – the mind REALLY does matter!

Mindfulness is a way of paying attention to the present moment, incorporating various techniques such as meditation, breathing and yoga. It helps us become more aware of our thoughts and feelings so that, instead of being overwhelmed by them, we're better able to manage them.



While research is still growing in the area of mindfulness, evidence has suggested the numerous benefits of mindfulness, with results showing **POSITIVE** effects on several aspects of whole-person health, including the mind, the body, our behaviour, and our relationships with others.

Mindfulness has also shown to help with a number of conditions, including stress, anxiety, depression, addictive behaviours such as alcohol or substance misuse, in addition to physical problems like high blood pressure, heart disease and chronic pain.



You can practice mindfulness in various ways, whether it is online, podcasts, in person through CBT techniques, however how do we incorporate mindfulness into our already busy lives?

On the next page, you'll find a few simple techniques, which can be done in **ONE MINUTE**, yes you heard me correctly, **ONE MINUTE!!!** Give them a go!!!





BREATHING –

Take a minute to observe your breathing. Breathe in and out as you normally would. Notice the time between each inhalation and exhalation; notice your lungs expanding. When your mind wanders, gently bring your attention back to your breath and focus. Take a step out of the daily grind, just for a minute.

YOUR BODY –

Close your eyes and begin scanning your body. Start with your feet, and then slowly bring your awareness upwards in your body until you reach your hands. What sensations do you feel? Any heaviness in the legs? Pain in the back? Fatigue? Perhaps no sensations at all. Now move your focus out from the hands and become aware of your environment and the space all around you. Spend mindful minute bringing awareness to your body and your body's sensations.



WALKING –

Walk slowly: become aware of the sensations in the soles of your feet as they make contact with the floor, and any sensations in the muscles of your legs. You don't have to look down at your feet. When your mind wanders, use the contact of the feet on the floor as an ANCHOR to bring you back into the present moment. Just take a mindful minute to focus on the sensations generated by walking.

LISTENING –

Take a mindful minute to listen to the sounds in your environment. You don't need to try and determine the type of sounds you hear, just listen and absorb the experience and how it resonates with you. If you recognise a sound, identify it and move on, allowing your ears to catch new sounds.



EATING –

The next time you eat. Give it your full attention for a minute. Notice the texture: really see it, feel it, smell it, take a bite into it – noticing the taste and texture in the mouth – continue to chew, bringing your full attention to the taste of it. Appreciate it. Don't rush.