

# Mindfulness

Mindfulness is all about being present.

It's not something that is religious or spooky - it's science backed and effective at helping with:

- Sleep
- Managing Stress
- Reducing anxiety & depression
- Improving quality of life

When we are mindful we are **present**. We are getting in touch with ourselves and the world as it is right now.

We aren't trying to achieve anything we are **being** and **not doing**.

It's an ancient **practice** but it's used a LOT these days to help people and your doctor / psychologist may well recommend it to you!

It's free, there's no right or wrong and it can really help you - what's there to lose! And it's **PRACTICE** - there's zero chance of failure.

When we are looking inwards at our thoughts and feelings we may feel uncomfortable **but** we try **not to judge** ourselves when we are being mindful - we actually **accept** ourselves just as we are!

# Mindfulness

## The Principles of Mindfulness:

1

Acceptance - we accept that things are the way they are right now

2

Letting go - we don't hold on to thoughts, feelings etc. as this holds us in the past

3

Gratitude - allows us to be present as we are thankful for everything we have right now

4

Trust - we trust in our own experiences and validate our thoughts and feelings - they may be different to other people's. We trust that we are right where we need to be

5

Generosity - kindness to yourself and others. Giving yourself and other people your time and energy (intentionally)

6

Beginners Mind - seeing things afresh each time e.g. like you were an alien who's new to everything

7

Non-Judgment - not putting "good" or "bad" or other labels on things.

8

Non-Striving - being where we are and not always looking to achieve something else

9

Patience - understanding things happen in their own time we mustn't force things

# Mindfulness

Which of these principles stand out to you?  
How would you practice them?



# Mindfulness Practices

1

Observing the Breath

2

Mindfulness Meditation

3

Mindful Walks

4

Mindful Exercise

## FLOW ACTIVITIES:

These are where we are fully in the moment - we are doing something rather than “being” so it’s probably not technically mindfulness but these activities are brilliant for us! When we are in flow we are fully present and doing what we are doing - nothing else really is on our minds.  
This could be sports, art, reading etc.

# Mindfulness Meditations

Equipment/Ingredients: pen, colours and paper

## Steps

1

Make yourself comfortable - seated or lying down

2

Read the script out loud - (YP can also have a go!), feel free to adapt to use your own language

3

After the meditation give the YP time and to reflect with you

## Script 1:

### Mindful Check in

Begin by gently closing your eyes or lowering your gaze.... notice how it feels to just stop....throughout the meditation you may have urges to do things e.g. to do lists, think of other things, even give up...resist these urges and allow yourself to just be present in this moment....start by gently bringing your awareness to your breath....just noticing how it feels...where you feel it in your body...the temperature of the air as it flows in your nostrils and then back out again...allow your breath to be just as it is....and perhaps notice your thoughts....can you let them flow through your mind like clouds in the sky....or see them written down like words in a book....and allow your thoughts to just be as they are....and your feelings now...noticing how you are feelings....all of our feelings are valid....make time to just notice them.....allow them to just be right now....and then just be here, breathing, still....present....regulated.....

And whenever you are ready opening your eyes and gently letting the light back in.

### The Clever Stuff:

Supporting young people to identify, describe, acknowledge and understand their feelings and be able to communicate them to themselves and us could be the best life skill we support them with.

All feelings, thoughts have a purpose so we need to pay attention to them!

# Your Mindfulness Plan

Equipment/Ingredients: pen, colours and paper

Which Principles of Mindfulness do you want to practice?

How do you want to incorporate Mindfulness into your day to day life?