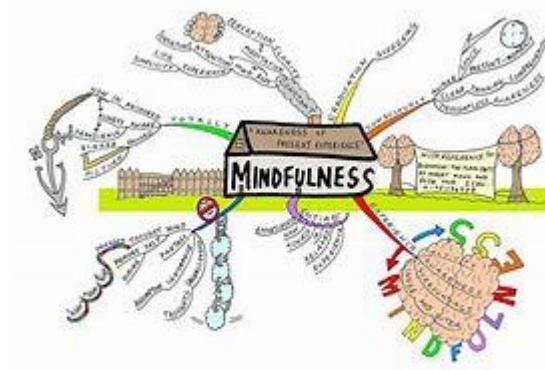
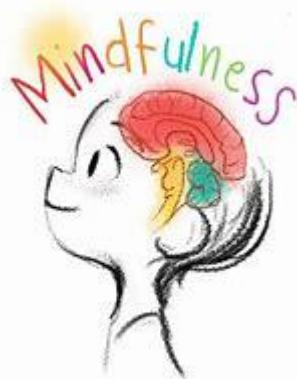


Meditation and mindfulness in Lockdown



Why practice mindfulness?

- You have probably heard about mindfulness before. After all, it's a pretty big topic lately; even those who are not involved in the world of positive psychology have likely to at least have heard about mindfulness.
- As a reminder, mindfulness is “the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us”
- Here are some suggestions on how you can practice mindfulness ..

Mindful Eating

- In this exercise, you will learn how to eat mindfully. The example used is an orange, but it can be almost anything.
- Here's what to do:
- Start by holding your orange and rolling it in your hand, noticing how it feels.
- Hold the orange close to your nose and take a sniff. Think about what it smells like.
- Pay attention to what it looks like and what it feels like.
- Peel your orange mindfully, and stay present.
- Taste the orange, noting the flavour, the texture, the juiciness, etc.

Mindful Breathing

- Mindful breathing is another simple exercise you can try. You will focus on breathing, but refrain from forcing yourself to breathe in a certain way.

Follow these steps:

- Sit in a comfortable position and close your eyes.
- Breathe normally and notice how it feels; pay attention as the air goes in and out of your lungs.
- Notice how your breath moves your body; does your chest and/or your belly rise and fall as you breathe?
- Sit for a few minutes, paying attention to your breathing, and become as relaxed as you can be.
- If your mind starts to wander from the task at hand, gently guide it back to your breath.

Mindful Walking

- Mindful walks are great ways to practice and maintain mindfulness in your everyday life, and you will likely feel the same.
- Here are four easy steps:
- Pick up one foot and take a slow-motion step forward. Notice what you have to do to stay balanced.
- Walk in slow motion, one step at a time. Pay attention to how your arms, legs, and feet move as you walk.
- Breathe in and out in time with your steps. Stay relaxed but keep your attention focused on your breath and your steps, working in tandem.
- If your mind starts to wander, bring it gently back to your slow-motion walking.

Mindful Word

- This exercise instructs you to choose a word that connects back to mindfulness and use it as an anchor to keep you present, calm, and collected. You should find it easy to follow and helpful in maintaining mindfulness.
- Here are the steps:
- Think of a word that seems calm or soothing to you, like “peace”, “love”, “sunlight”, or “calm.”
- Think the word to yourself, saying it silently in your own mind. Say it again as you breathe, once when you breathe in and once when you breathe out. Stay focused on the word.
- If/when your mind begins to wander, gently bring it back to your word.
- Challenge yourself to do this for one minute. If that seems too easy, try five minutes!

Have a go at this short Mindfulness exercise.

<https://youtu.be/L-IZArfQHOo>

Signposts

- Headspace app is something you can download on your smart phone – it had daily programmes to guide you
- Smart watches have a breathe function to guide you through mindful breathing.
- If you are worried or anxious the best thing is communication – reach out to your tutor, HOH or welfare.
- You can refer yourself to Young Somerset;
<https://www.youngsomerset.org.uk/>
- Child line <https://www.childline.org.uk/>