



RELAXATION AND MINDFULNESS

**SHORT INTRODUCTION TO TECHNIQUES
PROMOTING POSITIVE MENTAL HEALTH @ GROVE**

DURING CHALLENGING TIME

- With the COVID-19 pandemic, we are facing new challenges, anxiety and stresses that are having an impact on their mental health.
- You might be worried that you or your family might get sick. There might be other stresses such as money worries, being uncertain about the future etc. You or your family might be finding it difficult to adjust to new way of life.
- When we are going through a difficult time, it can have an impact on us, physically, mentally and emotionally.
- Our body can get tense, and our mind might struggle to concentrate and can feel strong emotions.
- We all need some breaks and time to relax in order to cope with stress but it can be easier said than done, especially if we are worried, anxious or overwhelmed.
- Relaxation and Mindfulness are skills that you can learn and develop and they can be particularly useful tool to cope with things that we cannot control.

RELAXATION

Relaxation can be done with any activities that you find relaxing and could be active (like gentle exercise like yoga and Pilates)

Relaxing your body is a simple way to calm yourself during stressful periods.

You can also learn **specific relaxation techniques** though guided relaxation.

Relaxation exercises can be a helpful way to ground ourselves and find some peace amidst everything that is going on.

You don't need to spend long time practicing relaxation. Even 5 minutes a day can make a difference.

To get used to the relaxation techniques, try practising them when you are feeling calmer to start with, as this will help you to be able to use them most effectively during times of stress



Make sure to follow the government guideline in your area. Some of the tips need to be adjusted like finding online classes or finding nature and walk in your local area.

<https://youtu.be/cyEdZ23Cp1E>

RELAXATION EXERCISES

- Not all exercises will suit everyone but try them and find ones that works for you.

BREATHING EXERCISE



<https://youtu.be/971w27agC8>

4-7-8 BREATHING




<https://youtu.be/Lx8dx-ScOOo>

PROGRESSIVE MUSCLE RELAXATION




<https://youtu.be/9GURt2pdAgI?c=61>

GUIDED RELAXATION- BALLOON



Find more like this, Click [Here](#)

VISUALISATION



<https://youtu.be/GTGhFLy0B-0>

MINDFULNESS

Many people use mindfulness techniques to feel calmer and more relaxed.

While mindfulness often results in feeling more relaxed, relaxation is not its aim.

Rather than focusing on getting rid of unpleasant feelings or thoughts, it aims to increase our awareness of what's going on in and around us.

Being mindful involves having a non-judgemental, inviting and accepting awareness of the present moment.

Mindfulness means paying attention to what you are doing, as you are doing it. This includes all activities, from the pleasurable (e.g. eating, chatting or walking) to the mundane or unpleasant (e.g. cleaning or driving).

Skip to
Mindfulness

MINDFULNESS

Many people use mindfulness techniques to feel calmer and more relaxed.

While mindfulness often results in feeling more relaxed, relaxation is not its aim.

Rather than focusing on getting rid of unpleasant feelings or thoughts, it aims to increase our awareness of what's going on in and around us.

Being mindful involves having a non-judgemental, inviting and accepting awareness of the present moment.

Mindfulness **means paying attention to what you are doing, as you are doing it.** This includes all activities, from the pleasurable (e.g. eating, chatting or walking) to the mundane or unpleasant (e.g. cleaning or driving).

WHAT IS MINDFULNESS

WHAT IS MINDFULNESS ? ?

- It's often associated with eastern religious practices and "meditation", which means sitting down, eye closed and thinking nothing.....or is it?
- During many day to day activities, people tend to go into **auto-pilot** and not pay attention to what they are doing.
- Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) - with curiosity, openness and acceptance.
- It has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs, to try it.
- It is also about taking time to be aware of all the good things in your life

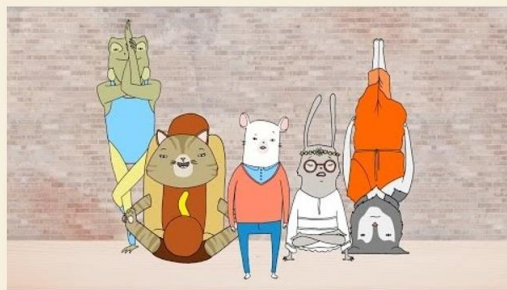


WHAT IS MINDFULNESS?



<https://youtu.be/OsRDblWeSXE>
<https://youtu.be/Ck7zKz3b7t0>

HOW IT WORKS?



<https://youtu.be/w6T02g5hnT4>

BENEFITS OF MINDFULNESS

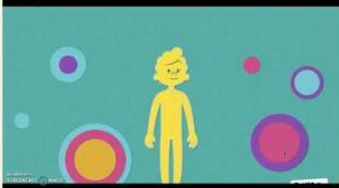



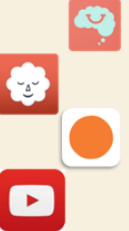


<https://youtu.be/o-kMJBWk9E0>

Skip to Mindfulness
Activities

MINDFULNESS ACTIVITIES

To help you get started with practicing mindfulness, you can try the exercise below. It may be a good idea to start with a short and simple exercise and practice it daily for a few weeks before trying the other ones.

<h3>MINDFUL BREATHING</h3>  <p>https://youtu.be/wlOTp2GooQ</p>	<h3>MINDLESS TO MINDFUL</h3>  <p>https://familygonoodle.com/activities/from-mindless-to-mindful More like this, click here</p>	<h3>BRING IT DOWN BY FLOW</h3>  <p>https://familygonoodle.com/activities/bring-it-down</p>	<h3>ON AND OFF</h3>  <p>https://familygonoodle.com/activities/on-and-off</p>
<h3>OBSERVE THOUGHTS</h3>  <p>https://youtu.be/ydPwWdxOvs Click here for more about Smiling Mind</p>	<h3>VISUAL MINDFULNESS</h3>  <p>https://youtu.be/5SHw-6H1LPH</p>	<h3>DRAWING CALMING CIRCLE</h3> <p>You will need:</p> <ul style="list-style-type: none">- a table or desk- blank paper- crayons, coloured pencils or pens- sticky tape or masking tape to hold your paper down (optional). <p>If you're focusing too much on getting the pattern right, try using your other hand.</p> <p>If you find it hard to get started, try using a colouring book</p> <ol style="list-style-type: none">1. Make sure you are sitting comfortably with your feet firmly on the floor, your back straight and your shoulders relaxed.2. Take your paper and crayon/coloured pencil/pens, and draw a circle that fills most of the page. Don't worry if it's a bit wobbly.3. Now keep drawing. You could keep going over the circle, or fill it with a pattern, but try not to let your crayon/leave the page. Don't worry about creating a finished picture. Focus on the process and just keep going.4. Take time to focus on what you're drawing. Focusing on these sensations can help you quieten your mind.5. Once you have done this for a few minutes, try using a different colour or pattern	<h3>HOW WAS THAT?</h3> <ul style="list-style-type: none">• Don't discount it if you don't find the one you tried helpful first time.• Expect your mind to wander off but try to bring your attention back.• It takes time to get used to it and see benefits.• There are so many other resources such as Apps, websites and videos that are available online for free to learn and practice mindfulness.• E.g. Smiling Mind, Headspace, Stop Breathe & Think offers free contents and YouTube videos that you could try and practice mindfulness.• Start with small- short meditation (3-5 min) but do it regularly and then gradually increase the length of time, if you feel you are ready. 


Skip

HOW WAS THAT?

- Don't discount it if you don't find the one you tried helpful first time.
- Expect your mind to wander off but try to bring your attention back.
- It takes time to get used to it and see benefits.
- There are so many other resources such as Apps, websites and videos that are available online for free to learn and practice mindfulness.
- E.g. [Smiling Mind](#), [Headspace](#), [Stop Breathe & Think](#) offers free contents and YouTube videos that you could try and practice mindfulness.
- Start with small- short meditation (3-5 min) but do it regularly and then gradually increase the length of time, if you feel you are ready.



CREATING A SPACE AND TIME

- While Relaxation and Mindfulness can help to look after ourselves, and it's important to set time for this, even a short period of time can make a difference.
 - It's also important to think about other things that could calm us such as our environment.
 - As you will be spending a lot of time inside your house, it is worth making your home as comfortable as possible. Try and make your room or a space at home into calm and relaxing place for yourself and your family.
 - You can perhaps put lots of cushions, soft blankets, plants or photos of loved ones.
 - If you can, try and assign different areas for different activities, one corner of a room could be for working and another could be for leisure, somewhere you can sit, relax, listen to music or read. This will help you switch off from work and have dedicated leisure time.
- 

TALK TO SOMEONE

You can find out more about mindfulness and self-care activities idea:

- <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
- <https://www.annafreud.org/on-my-mind/self-care/>

If you're finding things particularly difficult, there are lots of services that can help.

- Samaritans is open 24/7. You can call them on [116 123](tel:116123) or email them at jo@samaritans.org.
- [Give us a SHOUT](#) also provide a free text service 24/7 for people feeling anxious, worried or stressed. Just text 85258.
- Breathing Space is open 6pm to 2am Monday - Thursday and 24 hours a day on the weekends (Friday 6pm to Monday 6am). You can call them on [0800 83 85 87](tel:0800838587). If you are a British Sign Language user you can contact them via their [online BSL-interpreting video relay service \(VRS\)](#).
- Childline is open 24/7. You can call them [0800 1111](tel:08001111) for free even if you don't have credit on your mobile phone. They also have an online service where you can [chat with a counsellor about whatever's worrying you](#).

