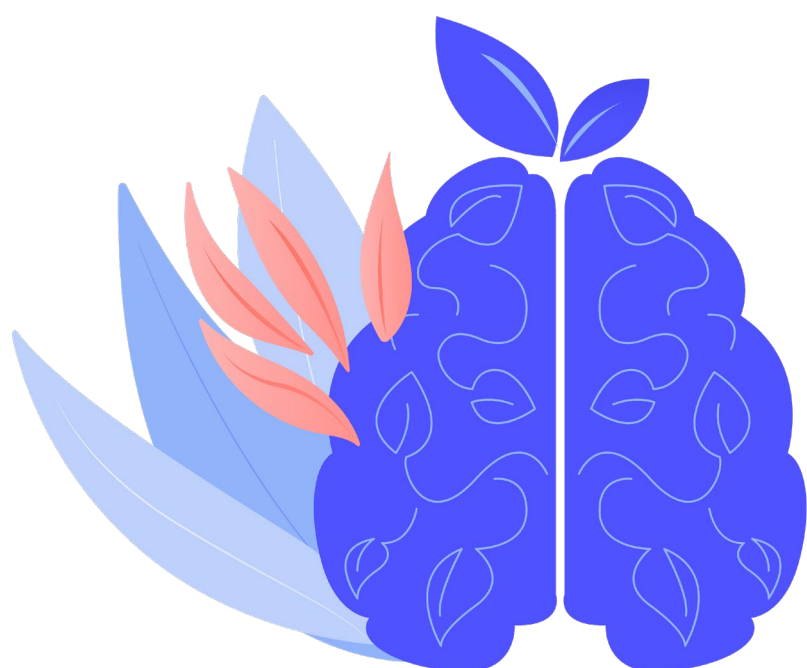


MINDFULNESS

Building Mental Resilience

Mindfulness is about living in the moment, being aware of your body, mind and feelings. This practice is known to create a feeling of calm, an excellent remedy for stress and anxiety.



Why mindfulness?

- Foster a greater connection with the body
- Improve cognitive ability, memory and attention span, thus, increase in productivity & creativity
- Reduce stress level and emotional stability
- Cultivate a stronger sense of compassion for oneself and others
- Enable healthier responses to difficult social situations

PRACTICE MINDFULNESS IN DAILY ACTIVITIES



1 Wake up with a positive intention

When you wake up, take time to enjoy the morning atmosphere. Take three deep breaths to clear your mind of any past or future worries. Then set a positive intention for the day e.g. "Today, I will relax" or "Today, I will eat well" .

2 Listen mindfully

Engage in conversation and listen with intent by removing distractions such as mobile phones. Pay attention to the other person and take a breath before responding to ensure they've finished. Notice when your mind wanders to redirect it back to what's being said.

3 Slow down to enjoy life

Avoid the temptation to rush on completing things. Practice doing one thing at a time to improve focus. Life moves fast, so slow down to enjoy it before it passes.

4 Practice gratitude

Highlight positive aspects of your life by appreciating things you may otherwise take for granted. Keep a gratitude journal of things that you're grateful for each day. This will remind you of positive emotions associated with each memory.

MINDFULNESS EXERCISES

Simple exercises to bring yourself back to the moment and quickly create a feeling of calm

Deep Breathing

1 - 2 mins



- 1 Lie down or sit in a chair with your head, shoulders neck against the back of the chair
- 2 Breathe in via your nose. Fill your belly with air
- 3 Breathe out via your nose
- 4 Place one hand on your belly, other on your chest. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one on your chest
- 5 Take three more full, deep breaths

Body Scan

3 - 5 mins



- 1 Find a comfortable position, either sitting or lying down. Close your eyes if that's comfortable for you
- 2 Relax your muscle, let your body be supported by the floor/chair
- 3 Take a few deep breaths
- 4 Notice the weight of your body, how it rests and the heat around you
- 5 Bring attention to areas of your body that feel tense. Let them soften
- 6 Take a breath, open your eyes when you are ready

R.A.I.N Method

Whenever you feel overwhelmed



- 1 Recognise what is happening and the present strong emotions in an open & non-judgmental way
- 2 Allow the experience to be there just as it is
- 3 Investigate with kindness. "Why do I feel the way I do?" "What are other factors that affect my emotion?", "What actions I can take to support myself during this time?"
- 4 Natural awareness that the situation, the triggered emotions and thoughts do not define who you are